



Camden County, GA

200 East 4th Street,
Courthouse Square
P.O. Box 99
Woodbine, Georgia 31569

Master

Item Number: 11

Type: Regular Agenda

In Control: Board of County
Commissions

Agenda Date: June 15, 2010

Title:

Request to proceed with Voluntary Wellness Program Initiative

Attachments

None.

Title

Request to proceed with Voluntary Wellness Program Initiative.

Motions

Approval to continue this program on a permanent basis and authorize the County Administrator to write a letter to the Old Woodbine School Committee requesting permission to continue using the Community Center every Tuesday and Thursday from 5:30 p.m. – 6:30 p.m.

Background

The County's Wellness Program was implemented to help manage the total costs of the Employee Health Plan. Our primary goal is to offer multiple programs in order to appeal to as many employees as possible. Currently we have been utilizing the Woodbine Community Center on a temporary basis to conduct a pilot program for the wellness initiative.

Based on overwhelming response to the Zumba demonstration at our Health Fair last October, we approached Victoria Trott, owner of the local Zumba studio, to see if she would conduct classes for our employees at a Woodbine location as part of the Wellness Program. Ms. Trott agreed to partner with us on the basis that we would have at least 10 employees participate in the program. Initially there were approximately 10-12 employees that expressed an interest, however, fewer than 10 actually signed up for the program.

Due to the initial interest we knew that this program would likely grow in interest with our employees. Since we are always seeking out new ways to partner with the community and provide enhanced services to our citizens we saw this program as an opportunity to reach out to the citizens of Woodbine. At this time there are approximately 22-25 people, employees and citizens, regularly attending the Tuesday and Thursday evening classes.

We are seeking permission from the Board of County Commissioners to write a letter to the Old Woodbine School Committee requesting permission to continue using the Community Center on a permanent basis. The current classes meet on Tuesday and Thursday from 5:30 p.m. – 6:30 p.m.

Staff Recommendation

Staff recommends approval of this item.