Why Worksite Wellness?

✓ Good for business
✓ Fewer sick days
✓ More focused employees
✓ Positive work place
✓ Better customer service
✓ Great recruitment tool
✓ Can reduce worker’s compensation costs
✓ Healthier, happier people

Hub of Bar Harbor:
www.hubofbarharbor.org

Hub of Bar Harbor will advance efforts to develop the downtown area into a thriving and energetic commercial, social, & entertainment destination, supporting the informing principle of Bar Harbor as a vibrant, year round community where residents live, work, and serve.

Healthy Acadia:
www.healthyacadia.org

Healthy Acadia, a Healthy Maine Partnership, is dedicated to making lasting improvements to the health of our communities through building partnerships; improving policies & environments; and coordinating education & prevention services.

Healthy Maine Streets
Worksite Wellness for Bar Harbor’s Small Businesses

Coordinated by:
Hub of Bar Harbor & Healthy Acadia

Help your employees be healthier!
Help our community thrive!

...Read on to find out how!
Worksite Wellness for Your Business - Join Today!

For more information or to participate, contact:

Or: Maria Donahue, at Healthy Acadia
667-7171 or maria@healthyacadia.org

Benefits:

• Receive training and technical assistance to implement worksite wellness that fits your business
• Receive seed funding for worksite wellness projects
• Help your employees to be healthier, more focused, and more productive
• Reduce absenteeism
• Help build a healthier Bar Harbor and more desirable place to live and work
• Potential for small business eligibility for State of Maine Tax Credit in 2014
• Become an employer of choice and improve employee retention and recruitment
• Help decide how grant $$ should be used to best serve the community

Requirements:

• Your business must be in downtown Bar Harbor, with 20 or fewer employees
• Identify an employee to be a “Wellness Champion” and lead the wellness efforts for your business
• Wellness Champion attends monthly Wellness Team meetings for 15 months: 4/13 - 6/14 (~ 1-2 hours monthly)
• Employees fill out health needs & interest survey (~ 12 minutes)
• Conduct an organizational health assessment (~ 1 hour)
• Develop an annual work plan with support from the Hub (~ 30 minutes)
• Implement strategies identified in work plan (time depends on strategies)

Healthy Maine Streets
Where Wellness Works

Sponsored by the Hub of Bar Harbor in partnership with Healthy Acadia.

Hub of Bar Harbor:
P.O. Box 546, Bar Harbor, ME 04609

We are excited to work with your business to build healthier workplaces and healthier communities!