

**For Immediate Release**

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## **THE ASSOCIATED JEWISH COMMUNITY FEDERATION OF BALTIMORE HONORED FOR WORKSITE WELLNESS**

Baltimore, MD – The Associated: Jewish Community Federation of Baltimore was recently recognized as one of Maryland’s healthiest workplaces, receiving a Gold Level Wellness at Work Award from the State of Maryland.

The Wellness at Work Awards, sponsored by Healthiest Maryland Businesses, the State’s initiative to support Marylanders’ health, honors those organizations that implement successful wellness initiatives to improve the quality of life for American workers. Recognition is based on the Center for Disease Control’s (CDC) Workplace Health Model and applicants are evaluated on their healthy policies and programs.

“We are so pleased to be recognized at the gold level by the Healthiest Maryland Businesses,” says Lindsay Brown, chair of The Associated’s Wellness Subcommittee. “At The Associated, we believe that the health of our employees is paramount to our mission.”

As part of its wellness initiative, The Associated has a dedicated wellness manager to engage employees to take responsibility for their health. The organization offers employees courtesy fitness membership to the JCC of Greater Baltimore and generous benefits, vacation and employee assistance program services.

In addition, the organization implements well-being classes during lunch and after work and offers wellness workshops with health specialties on topics that range from disease prevention and healthy cooking to stress reduction and Tai Chi. An annual Wellness Expo provides staff with flu shots, biometric screenings, vision and hearing tests at no cost.

Launched in 2010 and based at the Department of Health and Mental Hygiene, Healthiest Maryland Businesses helps businesses create customized wellness plans, set wellness goals, and monitor progress. Six regional coordinators around the state provide personalized guidance to businesses of all sizes.

### **About The Associated**

The Associated: Jewish Community Federation of Baltimore strengthens and nurtures Jewish life by engaging and supporting community partners in Greater Baltimore, Israel and around the world.

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