



# Worksite Health Alliance of Greater Rochester

Member Newsletter July 2007

## Seats Are Available For Our October 5th Event!

[Register NOW!!](#)

### Well Workplace University:

Oct 5th, WHAGR will be offering it's next Well Workplace University at Casa Larga Winery. Wellness experts from local companies, national wellness vendors and NY state government will share ideas and tools to help you build/enhance a successful worksite wellness program, following WELCOA's "seven benchmarks to success" module. In addition, the event will provide an excellent way to network with your "wellness peers" from the community. More details on cost and registration will be shared in August.



[Register for this event: CLICK HERE!](#)

### **Absolute Advantage Magazine July issue: Carefully Crafting An Operating Plan**

Developing Results-Oriented Wellness Programs One Company At A Time

*Click on the magazine below to access any Absolute Advantage Magazine for 2007.*



In this issue of *Absolute Advantage*, we zero in on the concept of carefully crafting an operating plan. Specifically, we've outlined the importance of planning as well as highlighted the elements of a wellness plan that can take your program from good to great. To complete this issue, we've provided a case study from the City of Gainesville and an expert interview with one of the nation's best practitioners, Mike Wanetka.

# A Wellness Profile!

We want YOU to get your company profiled here next month!

## SEARCHING FOR RESOURCES??

If you missed last months workshop on **Program Evaluation**, you missed out on an informative learning tool. You can now access the presentation created by Margaret O'Neil on the **Worksite Health Alliance of Greater Rochester** website! Click





Link to WELCOA resources  
[August Health Observances](#)  
[September Health Observances](#)  
 (Get a jump start on your wellness promotion for next month!)  
[Employee Bulletins & Quizzes](#)  
 Every month **new** bulletins & quizzes are posted.  
 Do a monthly drawing of all completed quizzes & offer small giveaways to encourage readership of wellness topics!

**RESOURCE YOU CAN USE: *INFOPOINT***  
 As a member of the WHAGR, you obtain membership in  
  
**Wellness Councils of America (WELCOA).**  
  
**InfoPoint**, a fantastic resource by  
 WELCOA, is fast, fun, easy-to-use, and full of the kind of information you need.  
  
 Click below for instant access to the log-in page for your exclusive member benefit!  
  
 Contact us if you have misplaced your log-in information.



To refer another organization to WHAGR, for Membership questions or comments, or to have your company profiled, [click here](#)

Questions or comments?  
 Email us at: [stadaro@preferredcare.org](mailto:stadaro@preferredcare.org) or call 585-327-5795

**WHAGR Mission:**  
 To provide companies with resources, education and skills necessary to develop cost-effective programs that promote health and wellness in the workplace.