



News from the Shelby County Mayor's Office

Mark H. Luttrell, Jr., Mayor

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Shelby County Government Receives *Healthier Tennessee* Wellness Award

Shelby County Government has been named a recipient of the *Healthier Tennessee Workplace Award*. *Healthier Tennessee* is a non-profit agency associated with Governor Bill Haslam's Office that promotes healthy workplace conditions at businesses across the state.

"We've worked hard these past two years to reacquaint our employees with healthy eating habits and lifestyles that include physical fitness and preventive health issues," said Shelby County Mayor Mark H. Luttrell, Jr.

Shelby County Government was specifically recognized for the creation of the **Total Health Wellness** initiative, a comprehensive program that focuses on employee lifestyles and health habits.

During the past several months, Shelby County Government employees have participated in 5k races, volleyball games, various run/walk events, attended cooking classes promoting healthier preparation of foods and have had healthier food choices at Shelby County Government facilities.

"We were also recognized for our tobacco-free environment, employee health education classes and support groups for people who want to stop smoking and over-eating," said Elyse Lovelace, Employee Benefits Wellness Coordinator.

Shelby County Government will soon receive a Certificate of Recognition from Governor Haslam and will be featured in *Healthier Tennessee* promotions to encourage more businesses to participate.

"Encouraging healthier lifestyles will not only improve the quality of life for our employees, but will ultimately help Shelby County Government manage the increasing costs associated with health care," added Mayor Luttrell.

For more information about the *Healthier Tennessee* program, go to www.healthierTN.com or call Molly Suddereth at (615) 610-1879.

(End of Release)