



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

News Release

CONTACT: Darlene Armacost
Public Information Representative
Community Health Services Division
301-600-3363
TTY: Use Maryland Relay
DArmacost@FrederickCountyMD.gov

FOR IMMEDIATE RELEASE:

APRIL 28, 2015

HEALTHY BUSINESS FORUM - MAY 8, 2015

FREDERICK, MD -- Did you know that the health of the modern workforce is changing? According to the U.S. Bureau of Labor Statistics, by 2020 one in four American workers will be over 55. As the demographics of our country shift, employers are adapting to the changing needs of their employees. More employees are wearing multiple caregiver hats and often finding little time to manage their own health issues. Stress from these competing demands has major implications in the workplace and in our communities.

This year's Healthy Business Forum will open with a keynote by Lisa Shuster, Chief Administrative Officer of iHire, LLC. She will discuss their unique work environment, which offers greater flexibility- a recommendation that benefits employees in all stages of life. This interactive workshop will provide attendees with resources, information and strategies to support healthy aging and to maximize health in the workplace. This event is open to all Maryland employers, employees, and any interested persons of the general public.

What: Healthy Business Forum: *Aging in the Workplace – Are you ready?*

When: Friday, May 8, 2015 - 8:00 am to 4:30 pm (attend all day or part of the day)

Location: Department of Aging, 1440 Taney Ave., Frederick, MD.

Cost: **FREE** – Breakfast and lunch will be provided

Registration: <http://health.frederickcountymd.gov/healthybusinessforum2015>

For questions or more information, please contact Angela Blair, Healthiest Maryland Businesses Regional Coordinator at 301-600-1861 or ablair@FrederickCountyMD.gov

###



Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer

350 Montevue Lane ▪ Frederick, MD 21702

Phone: 301-600-1029 ▪ Fax: 301-600-3111 ▪ MD TTY: 1-800-735-2258

