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Frederick County Health Department

# News Release

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**FOR IMMEDIATE RELEASE:**

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## **HEALTHIEST MARYLAND BUSINESSES LAUNCHES WELLNESS AT WORK AWARDS**

**FREDERICK, MD** -- Healthiest Maryland Businesses, the state's initiative to support healthy workplaces, is seeking applicants for the *Wellness at Work Awards*. The purpose of the awards is to recognize Maryland employers for their exemplary accomplishments in worksite health promotion. Employers may be eligible to earn a Gold, Silver, or Bronze award.

Launched in 2010 and based at the Department of Health and Mental Hygiene, Healthiest Maryland Businesses assists businesses by creating customized wellness plans, setting wellness goals and monitoring progress. Six regional coordinators around the state provide personalized guidance to businesses of all sizes. To date, over 400 businesses have signed on to take advantage of this free program.

"Our goal is to make the healthiest choice the easiest choice," explains Angela Blair, Coordinator for the Capital Region, which includes Frederick, Montgomery, and Prince George's counties. "Workplace wellness programs can help employees eat healthier, get more physical activity and make other lifestyle changes that improve their health."

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To be eligible for an award, businesses must be a current member of Healthiest Maryland Businesses and must complete an online application. Deadline to apply is April 29, 2016. The application and additional details can be found [here](#).

*The Wellness at Work Awards* will be given at the 7<sup>th</sup> Annual Workplace Health & Wellness Symposium on June 10, 2016 at the BWI Marriott. The annual symposium, presented by Business Health Services, is the largest workplace wellness gathering in Maryland, focused on discussing timely health and wellness topics for employers. Registration information may be found at:

[www.marylandwellnesssymposium.com](http://www.marylandwellnesssymposium.com)

For more information about the [Wellness at Work Awards](#) and [Healthiest Maryland Businesses](#), contact Angela Blair at 301-600-1861 or [ablair@FrederickCountyMD.gov](mailto:ablair@FrederickCountyMD.gov).

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