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Frederick County Health Department

# News Release

**CONTACT: Angela Blair**  
**Public Information Representative**  
**Preventive Health Program**  
**301-600-1861**  
**TTY: Use Maryland Relay**  
**Ablair@FrederickCountyMD.gov**

**FOR IMMEDIATE RELEASE:**

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## **HEALTHIEST MARYLAND BUSINESSES 2017 WELLNESS AT WORK AWARDS NOW OPEN**

**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 are 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. Hundreds of businesses have signed on to take advantage of this free program.

"Our goal is to help employers achieve their mission by elevating employee wellbeing," explains Angela Blair, Coordinator for the Capital Region, which includes Frederick, Montgomery, and Prince George's counties. "Workplaces can make it easy for employees to eat healthier, get more physical activity and make other lifestyle changes that improve their health."

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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





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To be eligible for an award, businesses must be a current member of Healthiest Maryland Businesses (non-members, click [here](#) to join) and complete an online application. Deadline to apply is April 21, 2017. The application and additional details can be found [here](#).

Recipients of *the Wellness at Work Awards* will be recognized at the 8<sup>th</sup> Annual Maryland Workplace Health & Wellness Symposium on June 2, 2017 at Martin's West in Baltimore. 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 email [ablair@FrederickCountyMD.gov](mailto:ablair@FrederickCountyMD.gov).

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