

# City of Copperas Cove Information Item

March 13, 2013

## 1<sup>st</sup> Annual City of Copperas Cove Employee Wellness Run/Walk

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SUBJECT: 1<sup>st</sup> Annual City of Copperas Cove Employee Wellness Run/Walk.

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### 1. PROJECT DESCRIPTION

The City of Copperas Cove and the Chamber of Commerce will be hosting the 1st Annual City of Copperas Cove Employee Wellness Run/Walk on Saturday, April 13, 2013 beginning at 9 AM. The run will begin/end at House Creek North Elementary School, 351 Lutheran Church Rd. Copperas Cove, TX 76522.

### 2. FINDINGS/CURRENT ACTIVITY

The City of Copperas Cove supports and is committed to the overall health and well-being of its employees. A healthy workforce results in a more productive workforce with less absenteeism, fewer accidents, lower health care demands, and greater overall savings by reducing the incidence of disease and disability. City employees are encouraged to participate in wellness programs that help identify and reduce health risks before serious health problems occur or allow better management of existing health problems.

The City of Copperas Cove encourages healthy lifestyles by promoting wellness programs in coordination with the Health Plan Provider by providing educational resources and classes that promote exercise, good nutrition and healthy lifestyles within and outside the workplace.

Through the City of Copperas Cove Employee Wellness Program, employees are able to access classes, screenings, and follow-up assistance to identify and manage health issues and preventable illness.

On April 13, 2013 the City will host the 1<sup>st</sup> Annual Employee 3K or 5K Run/Walk for City employees and their dependents. This event is voluntary for employees. City Council is invited to attend and participate.

### 3. FINANCIAL IMPACT

Through partnerships with the Chamber of Commerce, Copperas Cove Independent School District, and community volunteers there is no cost for use of the school parking area or equipment for this event. There will be a cost for t-shirts for employees that participate. The cost is projected not to exceed \$750.

4. **FUTURE ACTIVITY**

The City of Copperas Cove will continue to encourage healthy lifestyles for City employees by promoting wellness programs.