



**Board of County Commissioners**  
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## FOR IMMEDIATE RELEASE

# Camden County Receives *Gold Award* for “2018 First Coast Healthiest Companies”

**WOODBINE, GEORGIA – April 23, 2018** – The First Coast Worksite Wellness Council and the Mayor’s Council on Fitness & Well-Being is recognizing the Camden County Board of Commissioners with a *Gold Level Award* for the First Coast Healthiest Companies. The formal recognition will take place at the 10<sup>th</sup> Annual First Coast Worksite Wellness Conference on April 25, 2018, at the University of North Florida.

The First Coast Worksite Wellness Council (FCWWC) awards and recognizes the 2018 Healthiest Companies, organizations that are creating a culture of health and wellness. *Gold Award* winners have dedicated additional resources to ensure that their health and wellness programs are being properly measured each year. These winners also conduct an annual employee needs and interest survey, have a wellness operating plan, and strategically select programs that will address their most prevalent health risks and conditions.



“This level of recognition validates that we are on the correct path in the journey to a total culture shift in how we approach employee wellness,” said Camden County Senior Director of Human Resources Katie Howard. “Camden County could not be more proud to be the recipient of this Gold Award for worksite wellness.”

Led by MainPoint Health & Wellness, the Camden County Board of Commissioners Employee Clinic, Camden County employees participate in a wellness program in addition to being able to take advantage of pre-employment physicals and drug screenings, flu shots, onsite clinic treatment, and physician referrals. The Camden County Wellness Program seeks to empower employees to improve overall health by achieving and maintaining the most current American

*“Award-Winning Government”*

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County Administrator

JOHN S. MYERS  
County Attorney

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Commissioner, District 1

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Commissioner, District 2

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Commissioner, District 3

GARY BLOUNT  
Commissioner, District 4

BEN L. CASEY  
Commissioner, District 5

Heart Association target ranges, partnering with employees in nicotine cessation, encouraging employees in health promotion through preventative screenings, and achieving overall reduction in health plan costs by educating and supporting employees to institute healthy lifestyle changes.

“I am proud of our clinic for leading our employees in attempting to improve their well-being and overall health,” said Camden County Administrator Steve Howard. “This recognition re-affirms that we are creating an organization that values health and wellness among our employees.”

**About First Coast Worksite Wellness Council (FCWWC):** The First Coast Worksite Wellness Council, Inc. is an initiative of Healthy Jacksonville 2020. The mission of the Council is to improve the health of the First Coast community by sharing resources and providing guidance through our member businesses. Learn more at: <https://fcwwc.wildapricot.org>.

**About MainPoint Health & Wellness:** It is the mission of MainPoint Health & Wellness to find a balance between overall organizational health and fiscal sustainability through professional medical support, a comprehensive wellness program and encouraging employees to become engaged in their personal health. Learn more at: <http://www.camdencountyga.gov/MainPoint>.

**About Camden County:** Located in the extreme southeast corner of Georgia, Camden County truly is “Georgia’s Coastal Community of Choice.” Originally formed in 1777, Camden County is best known for its rich history, natural scenic beauty and Southern hospitality. Our vision is helping to make this the best place to live by preserving and enhancing the history and quality of life, while promoting smart growth and providing an efficient, effective and responsive government.

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