

PRESS RELEASE
For immediate release



Civitan Foundation Recognized by the Healthy Arizona Worksites Program

PHOENIX – April 10, 2019– Civitan Foundation, Inc. was recognized recently by the Healthy Arizona Worksite Program as achieving the Copper level of excellence in worksite wellness.

The Healthy Arizona Worksite Award recognizes employers that are making efforts to positively affect the health and well-being of their employees, their families and their community by implementing comprehensive worksite wellness strategies. The minimum qualifications to be considered for this award include attending the Healthy Arizona Worksite Program training and developing a plan to improve employee health and safety.

Civitan Foundation received this recognition by supporting employee health in the following ways: Support employees in establishing or improving exercise habits to reduce their risk of chronic disease; Empower employees with education and tools to manage stress and improve their overall mental well-being and mindfulness, and; Educate, encourage and support employees in making healthier eating choices to reduce their risk of chronic disease.

“Since employees spend nearly half of their waking hours at work, the workplace represents an important setting for promoting healthy behaviors,” said Civitan Foundation CEO Dawn Trapp. “Efficient, effective and sustainable worksite wellness initiatives have been shown to reduce healthcare costs. To demonstrate healthy life choices for our members we need to set a healthy example.”

The Healthy Arizona Worksites Program is a public health initiative offered by the Arizona Department of Health Services and the Maricopa County Department of Public Health (MCDPH). Its mission is to help employers learn how to successfully implement worksite wellness initiatives to improve the health of their employees and businesses. For more information, go to www.healthyazworksites.org

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About Civitan Foundation, Inc.

Civitan Foundation, Inc., serving more than 1,300 individuals and families, is a 501(c)3 non-profit organization that works to provide our community an accessible, safe and affordable environment while delivering superior life experiences to enhance the quality of life to individuals with developmental disabilities of all ages. Founded in 1968, Civitan is committed to leading Arizona in the provision of unmatched, innovative services to individuals with special needs, becoming the foremost visionary and resource for this valuable community. Civitan's flagship programs include Camp Civitan, a residential camp experience in Williams, Arizona, and the Civitan Foundation Village, a multi-disciplinary day program and vocational training and employment center with opportunities in digital multimedia productions, visual and performing arts, a culinary institute, and sports and health programs. Civitan also offers respite and recreation programs (RSP), home and community-based services (HCBS), and food and nutrition programs. Learn more at www.civitanfoundationaz.com.