

Blue Zones Project Worksite® Designation Announcement!



Dear Blue Zones Project® Committee Members and Blue Zones Worksite Administrators,

Blue Zones Project® Mason City will celebrate our 40th designated Blue Zones Worksite® and our first in 2017! **Mason City Clinic** joins 39 Mason City worksites in achieving the Blue Zones Worksite® designation.

“The supportive information on the Blue Zones site was helpful and positive. There were ideas for the kitchen, ideas for reading and stress reduction. I shared my excitement for having joined the program with other members of the Clinic. I’ve increased my workout level and added a Fitbit to keep me on track with my goals.”

Bruce Forshay, IT Manager

“I am able to use and enjoy a convertible workstation, with the option to work sitting or standing. The ability to sit or stand as my projects, focus and energy levels change throughout the day is wonderful. It allows me to be a more productive, happier and healthier employee. ***Steph Borchardt, LPN***

Employers play a key role in Blue Zones Project success by shaping the workplace culture and environment to support health and, in turn, improve productivity, decrease turnover, and improve employees’ well-being.

We hope you will be able to celebrate their success by attending the ribbon cutting.

Friday, April 21, 2017

3:30 p.m.

Mason City Clinic

250 S. Crescent Drive

Hope we see you there!