



FOR IMMEDIATE RELEASE

THURSDAY, SEPTEMBER 3, 2015

HEALTH & WELLNESS WORKPLACE EXPO OCTOBER 1, 2015

BRIDGEWATER, NJ - The Somerset County Business Partnership (SCBP) will present "Workplace Health & Wellness EXPO 2015" on Thursday, October 1, 2015 from 11:00 A.M. to 3:00 P.M. at Anew Wellness, 270 Davidson Avenue, Somerset, New Jersey.

The event is being organized by the Somerset County Business Partnership's Workplace Wellness Committee. These healthcare professionals and service providers will be introducing wellness strategies that will enable companies to help employees take control of their health, resulting in greater engagement and effectiveness in the workplace.

Kicking off the Healthier Somerset Month, the Health & Wellness Expo will emphasize the benefits of implementing wellness strategies in the workplace and will provide the tools and resources necessary for small and mid-sized businesses to promote employee health.

Included in the day's activities will be private health screenings performed by staff from RWJ-Somerset, Summit Medical Group, Carrier Clinic, Anew Wellness, and Saint Peters Healthcare System. The screenings will comprise blood pressure, cholesterol, blood sugar, smoking cessation, healthy weight, healthy diet/nutrition, auditory assessment, and stress management.

Additionally, there will be interactive wellness exhibits, samples of Lunch & Learn programs on health related topics, healthy food demonstrations, blood donations, and fitness practices suitable for the workplace. Refreshment stations will also be offered by local restaurants.

There is no charge to attend the Expo. Employers are encouraged to pre-register their employees to ensure the availability of health screenings and blood donations. All are welcome. To register, visit <http://bit.ly/WorkWellExpo2015> or call the SCBP at 908-218-4300 ext. 30.

The Wellness Expo is made possible through the cooperation of Business Partnership member companies, Franklin Township Chamber of Commerce, and the Township of Franklin. Premier sponsors include Anew Wellness, Carrier Clinic, Health Republic Insurance of NJ, Verdini Studios, Summit Medical Group, Verizon, and Performance Rehabilitation & Integrated Medicine. Additional contributions provided by The Palace at Somerset Park, Maggiano's Little Italy, Agave Tex Mex cantina, Costco, and Affinity Federal Credit Union.

BACKGROUND

LEADERSHIP • OPPORTUNITY • RESULTS

The Somerset County Business Partnership serves as central New Jersey's regional Chamber of Commerce. Members and investors represent public, private and community organizations, working in partnership and dedicated to maintaining and promoting economic prosperity and quality of life in Somerset County. The Somerset County Business Partnership is an essential partner for doing business in Somerset County, and as such is the premier regional business organization in New Jersey. The Business Partnership seeks to achieve four key outcomes; public leadership, advocacy, economic and community development, and value/engagement, providing LEADERSHIP, OPPORTUNITY, AND RESULTS to the Somerset County Business Community.

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