



HEAL Worksite Sector

HEAL and its partners work to support south Santa Rosa businesses in making changes in the workplace that support healthy eating and physical activity among employees.

Key Successes:

Some of the HEAL Worksite Sector's most successful efforts include:

- Development of a worksite wellness toolkit, which is available online to all Sonoma County businesses.
- Development of a program that provides training and technical assistance to businesses interested in developing and implementing programs and policies that aid employees in increasing their level of physical activity and healthy eating.

Current Work

The HEAL Worksite Sector is currently working with worksites and partners to:

- Develop a county-wide worksite wellness committee.
- Increase the number of worksite wellness healthy eating and physical activity policies and programs at south Santa Rosa worksites.
- Develop a healthy menu program at local restaurants close to worksites.

*For more information about the HEAL Worksite Sector, please contact
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**A Project of the Community Activity & Nutrition Coalition of Sonoma County
Supported by Kaiser Permanente's *Healthy Eating Active Living* Program**



HEAL Worksite Sector Partners

HEAL is collaborating with the following south Santa Rosa worksites to increase opportunities for employees to eat healthfully and be physically active:

- Amy's Kitchen
- Becoming Independent
- Exchange Bank
- JDS Uniphase
- Kaiser Permanente – Sonoma County
- Northern California Center for Well-Being
- Sonoma County Economic Development Board
- Sonoma County Human Services
- Southwest Community Clinic
- St. Joseph's Health Systems
- South and West Business Association
- HEAL Worksite Sector