

## Worksite Wellness collaborative meeting set

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**LEONARDTOWN, MD** – The St. Mary's County Health Department (SMCHD) and the Charles County Department of Health are working jointly to provide a workshop for area business leaders to discuss the importance of worksite wellness. The meeting is scheduled for Thursday, May 16 from 10:00 a.m. - 12:00 p.m. at the St. Mary's County Health Department at 21580 Peabody Street in Leonardtown.

Participants will learn the value of worksite wellness as proven by research and how it can be implemented in local businesses. This will be an opportunity to network with other businesses to consider what works and what does not. A representative from the Healthiest Maryland Businesses (HMB) will provide guidance for interested participants, including how to get organizational support and the benefits of joining the Healthiest Maryland movement.

Healthiest Maryland Businesses is a state-wide initiative to increase the health of Maryland employees. HMBs receive free consultation support, training, information, and resources to create a healthier environment for their workforce.

Participating businesses should be located in Maryland and registration is required. To RSVP for the workshop, please register [here](#)

For more information about HMB, please visit this [web site](#).

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