

Employee Wellness Stations

NEW!

Now located in departments throughout the City are
Employee Wellness Stations!

Each station is equipped with a blood pressure cuff, scale, first aid kit and tons of
information on blood pressure management.

Stop by anytime to check on your BP, weight or if you need a band-aid!

The new wellness station locations are:

City Hall
1st Floor Breakroom

Public Safety Building
Police Dept. Breakroom

Public Works Dept.
Public Works Complex Main Office

Finance Dept.
Breakroom

Gas Dept.
Main Office Building

Rylander Theater
Breakroom

City Gym
Small Breakroom (located to the right, just inside the
treadmill room)

SYSTOLIC
mmHg

DIASTOLIC
mmHg

Also, be sure to check the
Wellness Station information
board regularly to keep up with
announcements and events
from the City's WOW Health
and Wellness Committee and
Health Coach,
Jasmine Wooden!

START
/STOP



"Be well. Live well. Stay well."