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## NEWS RELEASE

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*(For immediate release)*

### FMC WELLNESS WALKING PROGRAM

**LANCASTER, Ohio (September 23, 2008)** – Fairfield Medical Center has long provided healthcare for Lancaster and surrounding counties. As a leader in the community, Fairfield Medical Center also strives to provide an environment that promotes health and well-being for its employees.

Fairfield Medical Center provides a comprehensive Employee Wellness Program to encourage and support employees and families to make good health care decisions, be active, and eat balanced, nutritional meals. Various promotions have been provided throughout the year, with the most current promotion being a walking program to prepare individuals for a United Way 5K Run on November 8, 2008. The program is made up of a structured, three days per week, guided walking program. The initiative utilizes the city's new bike/walk path, providing individuals with challenges and goals to improve their walking times.

“We are excited to see participants being active and committed to a program to improve their health and fitness. Participants have seen a great deal of progress in their physical fitness in a short time,” states Misty Newsome, Manager of Cardiovascular Diagnostic Services and Employee & Corporate Wellness.

For more information about the Employee/Corporate Wellness Program, please contact Ginger Davis, Wellness Nurse, at (740) 689-6636.



*FMC employees participate in the Wellness Walking Program, while enjoying the benefits of the new bike path.*

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