



TRICOUNTY AREA
CHAMBER OF COMMERCE

TCACC Mission: As the primary business advocate, the TriCounty Area Chamber of Commerce provides relevant membership services and proactive leadership to enhance economic opportunity and quality of life within our region.

**2016-2017 TCACC
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& BOARD OF DIRECTORS
EXECUTIVE COMMITTEE
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TRICOUNTY AREA CHAMBER OF COMMERCE
WORKSITE
Wellness Initiative

WORKSITE WELLNESS IS AN EXCLUSIVE MEMBER BENEFIT

Vision: To introduce and promote the culture of wellness in Chamber Member businesses with 50 employees or less.

Benefits of the Program:

- More engaged, productive employees
 - Improved morale
 - Improved teamwork environment
 - Culture of well-being
- And more!

How we work with you:

- We guide your business through the 6-month program
- You assemble a motivated wellness committee
- We guide you in developing a customized program
- We will recognize your efforts at the Chamber's Annual Economic Development Luncheon

The TriCounty Worksite Wellness Initiative is a collaborative effort of: TriCounty Area Chamber of Commerce; Pottstown Area Health & Wellness Foundation; Pottstown Memorial Medical Center; and Montgomery County Health Department.

To learn more about the program – visit our website, tricountyareachamber.com/worksite-wellness; or contact Bunny at 610.326.2900 or bunny@tricountyareachamber.com.

Here's an image from one of the graduates who still incorporates wellness into their worksite!



Sealstrip's Wellness Initiatives include weekly 20 minute "recess" with outdoor games, healthy Thursday lunches, internal newsletter wellness articles, wellness speakers during lunches - "Lunch & Learns," and much more!

MEET BUNNY, WORKSITE WELLNESS INITIATIVE DIRECTOR



Irene (Bunny) Boyle is a Health Educator with a degree in Public Health from West Chester University. With a passion for wellness, Bunny enjoys helping others take steps to a happy healthy personal and work life. She is currently working as the Director of Worksite Wellness for the TriCounty Area Chamber of Commerce promoting wellness in small businesses under 50 employees. Bunny also works as a member of the Main Line Health's Community Health Services Department and teaches an 8-week Matter of Balance Class, leads a 6-week Smoke-Free class, counsels in-patients at Bryn Mawr Hospital and participates in employee biometric screenings.

**CONNECT WITH YOUR
TRICOUNTY AREA CHAMBER:**

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It's as easy as 1-2-3 or ABC – Always Buy Chamber!