



PRESS RELEASE

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**ELLIOT PROGRAMS HONORED BY NH GOVERNOR'S COUNCIL
ON PHYSICAL ACTIVITY AND HEALTH**

Manchester, NH--- Elliot's Senior Health Fitness and Working Well programs were honored for their significant impact on the community's health with two 2010 Outstanding Achievement Awards from the New Hampshire Governor's Council on Physical Activity and Health. Each year, these awards are presented to organizations and individuals who have made a significant impact on the health of NH residents by promoting healthy lifestyles through physical activity and fitness programs.

The Elliot Senior Health Center's Fitness program was honored for providing a safe, affordable and engaging fitness option for seniors. The program has operated at capacity since 2002, providing a robust fitness menu that includes: tai chi, aerobics classes, fall prevention, balance classes and strength programs. Seniors are also encouraged to develop their own fitness program that may consist of independent exercise with fitness staff consultation through gym membership. Over the past year, the Senior Health Center has touched over 245 active members and has held 81 active classes per month. But their zeal does not stop there, the enthusiasm of the gym staff and the members, has led to participation in fundraisers to benefit Alzheimer's, Arthritis and Parkinson's diseases.

The Elliot's *Working Well* program was also recognized for their significant contributions that span the past 11 years. The *Working Well* team has provided on-site wellness programming to several NH companies and has assisted companies in developing a wellness culture within their businesses. *Working Well* provides wellness education and screenings for 21 of the Hannaford Bros. Co. stores. Through this partnership with Hannaford Brothers and other NH companies, *Working Well* has provided over 1300 wellness classes and educational sessions in less than 2 years. Additionally, they have provided counseling, information on risks and wellness strategies to manage these risks, and direct resources aimed at promotion of lifestyle change and health habit development to combat such risks. In the past 21 months, they have also held close to 3000 individual screenings for participants. Through the development of meaningful partnerships with NH employers, they provide a critical link to these businesses in attempting to manage their employees' health through engagement in primary prevention and lifestyle counseling.

Elliot Health System is the largest provider of comprehensive healthcare services in Southern New Hampshire, the cornerstone of which is Elliot Hospital, a 296-bed acute care facility and the first community hospital in the state. Elliot is home to Manchester's designated Regional Trauma Center, a Level 3 Newborn Intensive Care Unit, Elliot Physician Network, Elliot Breast Health Center, Elliot Regional Cancer Center, the Elliot Senior Health Center, Visiting Nurse Association of Manchester and Southern New Hampshire and Elliot 1-Day Surgery Center. For more information on any of Elliot's services, call ELLIOT ON-CALL at 663-4567.

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Pictured are: Shaunna Mara, Senior Fitness Center, Exercise Specialist, Travis Horne, Council Chairperson and Eric Mullen, Senior Fitness Center, Exercise Specialist.



Pictured from left to right are: Carol Phillips, Worksite Wellness Specialist, Meagan Tarrier, Worksite Wellness Coordinator, Travis Horne, Council Chairperson, Cristina Bettencourt, Worksite Wellness Specialist and Carrie Carbonneau, Worksite Wellness Specialist.

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