

Our Employee Wellness Committee received many helpful suggestions from McGohan-Brabender when Heather Bailey met with our team. Ideas were flying all over the place, but the most helpful suggestion was to start with small things and work our way up. It was encouraging to hear change comes slowly, but it does come. So far we have purchased pedometers for participants in a "Walk at lunch event", we participated in the "Battle of the Bulge"; we sent some of our committee to the Healthy Woman event (they loved it), we are currently negotiating with Weight Watchers to do a lunch express meeting on site, we have several "Healthy Lunch" pot lucks lunches a year and give an empty plate award for the dish that emptied out the fastest and we recognized our committee with hooded sweatshirts recently. We had reached a point of discouragement, but after Heather's visit, we got energized all over again." Thanks McGohan-Brabender for all of your value added services! You are great!

And just for fun – at one staff's birthday celebration, black bean brownies were served in lieu of cake – they don't sound good, but I heard they were delicious. (maybe if I didn't know they had black beans I would like it).

Transitional Living, Inc.
Hamilton, Ohio
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Our fitness center continues to be a great resource for our employees AND others. Last week a supplier was here at Crowe and his wife happened to be traveling with him, she asked us if there was somewhere nearby where she could do some walking...so she was able to walk a few miles while her husband was working.

This week we had a truck driver who picks up Honda parts at Crowe every Mon, Wed, Fri ask us if he could use the fitness center for a couple of hours each day while his truck is being loaded.

Thanks again for your help!

Crowe Manufacturing Services
Dayton, Ohio
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We recently started a wellness program at our company. Although not lacking in enthusiasm, the development team had difficulty with the basics - establishing ground rules, creating a mission statement, defining a goal for our program, and sifting through the mountain of wellness-related information available to us.

Heather and McGohan Brabender were very helpful to us. Through Heather's assistance, we were able to become more focused, set realistic goals for our

team and agency, and consider aspects of wellness we may not have otherwise thought about. Though it probably felt at times like "herding cats" to her, Heather was always patient, collaborative, and respectful to our development team.

South Community, Inc.
Dayton, Ohio
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The leadership and facilitating role that was provided by McGohan Brabender, specifically, Heather Bailey, was outstanding. Heather quickly led a diverse group of employees to consensus on areas such as mission, goals, wellness committee name, etc. The Mind, Body, & Soul Council is alive and well and beginning activities, programs, etc. Ms. Bailey is an excellent listener and facilitator. She constantly has great ideas and examples from other groups while being aware of our unique configuration and needs.

Montgomery County ESC
Dayton, Ohio
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The most significant role MB played in helping us establish our Fitness/Wellness program was the seed that helped us realize we could do it. We had interest from folks already and once we defined what the true scope of the project was, it just fell into place. We continue to have a dedicated employee group and we have fun working together. We appreciate your ideas and support to help us keep things rolling.

Crowe Manufacturing Services
Dayton, Ohio
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Over the past few months MB has been a tremendous help to me as well as Eurand, Inc. Because of you, we have started our own Wellness Committee, newsletter and are working toward our own workout facility. We are more aware of how important a healthy workplace is. You have been a great support when I've needed information from other companies as well as your own ideas. I look forward to working with you and others in the future to better improve our Wellness Committee.

Eurand, Inc.
Vandalia, Ohio
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