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|-------------|-----------------------|---|
| <b>FROM</b> | NAME & TITLE          | Gladys B. Gaskins, Director <i>GG</i>   |
|             | AGENCY NAME & ADDRESS | Department of Human Resources<br>201 E. Baltimore St. – Ste. #300                                     |
|             | SUBJECT               | <b>City Council Bill No. 08-0061R</b><br><b>Informational Hearing-Wellness and Disease Prevention</b> |

CITY of  
BALTIMORE  
**MEMO**



**TO**

DATE:

The Honorable Stephanie Rawlings-Blake and  
Members of the Baltimore City Council  
City Hall, Room 406  
100 N. Holliday Street

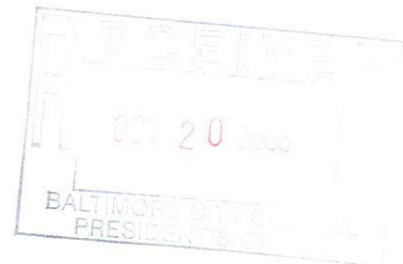
October 17, 2008

The Department of Human Resources supports the concept of continuing to provide wellness and disease prevention programs for City employees. Resolution 08-0061R will provide a forum for discussion on the benefits of wellness and disease prevention for City employees. The Department of Human Resources and the Health Department will provide a history of the past and current programs, which have provided a healthier work environment.

The Department of Human Resources fully agrees that the continuation and expansion of wellness and disease prevention programs could improve the quality of life for City employees. In 1996, the City of Baltimore Health and Fitness Program was initiated, but due to fiscal constraints, the program was terminated in 2003. In 2007, the Department of Human Resources reinstated a series of wellness programs such as lunch-n-learn seminars and fit-n-fun Fridays. The Department of Human Resources recently hosted a Wellness Symposium. Human Resource managers or representatives from every agency were in attendance.

The Department of Human Resources welcomes the opportunity to explore additional minimal cost wellness resources to provide in conjunction with our current programs. A healthier workforce leads to a more productive workforce as well as modulating health insurance cost.

GBG:pjb



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