

Build a Thriving, Healthy Workplace, and a High-Performing Workforce.



“ Create environments where the healthier choice is the easier choice. ”





This class was amazing! I loved the model of different stations and simple exercises. Kim was the perfect blend of sweet and motivating and made the class so much fun.”

Peabody “Body Weight Boot Camp”, Lisa Greene

Vision

At MIIA, we strive to help our members create a culture where all employees and their family members live healthy, vibrant and productive lives. We help you create an energized workforce and wellness climate- a great place for your employees to work. They feel valued and supported and are encouraged and motivated to make healthy choices.

Strategies

Help member groups:

- Build a culture and climate of health and wellbeing
- Build a thriving and high-performing workforce

Help employees and their family members:

- Be happier and healthier
- Be more engaged and productive at work
- Improve their quality of life

Keys to Success

- Visible, sustained leadership support
- Collaboration between management and labor
- Team of wellness champions
- Program planning is based on needs/interests of each group
- Programs target the whole person
- Programs foster social connection and fun

Coming July 1, 2020

New Wellness Grant

A Great Place to Work: Safe and Well

This annual grant provides MIIA HBT members with resources for creating and maintaining great places to work. Member groups interested in investing in projects and/or equipment that promote a well workforce and a healthy work culture may apply for funds to assist in procuring these initiatives. We encourage Member Groups to apply for projects that focus on building a supportive culture and that target specific needs of their respective departments and schools. Contact Jayne Schmitz at jschmitz@mma.org for more information.

Key Services and Resources for Municipal Leaders, Employees and their Families

- Dedicated wellness consultant to help you:
 - Build your unique program
 - Coordinate your wellness committee
- Effective wellness programs delivered onsite, online, and telephonic
- Wellbeing Smorgasbord: motivating monthly self-directed activities
- Convenient live online wellness classes offered at pre and post work hours
- Fascinating live and recorded webinars, videos and podcasts
- Inter-member group challenges such as Fitbit challenges
- Tobacco/vape cessation program
- Informative monthly e-newsletters
- Quizzify monthly health literacy e-quizzes and education
- Mindwise anonymous screenings and tools for mental health
- Telephonic coaching with certified health coaches
- Websites for wellness resources, tools, programs and more at emiia.org and ahealthyme.com
- Employee assistance program (EAP)

Our Wellness Department staff is experienced, passionate and always available to work with you and your employees. Please call your Wellness Representative to set up a meeting to discuss your unique situation. If you don't know your Wellness Representative, please contact Mary Harrington and she will point you in the right direction. Mary may be reached at: mharrington@mma.org or 617-426-7272 ext. 278.



Wow, I loved your presentation! I wish all of our staff had attended. We've had past presentations on meditation, yoga, and breathing exercises but this is the first time we received information on our brain health and subconscious decision-making. Please come back again!

Sturbridge "Manage Your Mind and Your Time",
Lisa Meunier

Sample wellness programs and other resources

Nutrition and Food

5% Solution	Farm to Table	Men's Cooking
A Mindful Life	Gut Health	Namaste and Nutrition
Ditch the Diet	Homemade Healthy Snacks	Staying Brain Savvy
Eating for Immunity	I Don't Have Time to Cook	The MIIA 30: Clean Eating
Eating in a Hurry	Keto, Paleo and More!	Water: It Does a Body Good
Eating Mindfully	Maintain Don't Gain Through the Holidays	X Town Eats Healthy

Weight Management

8-Week Weight Loss Program	Healthy in a Hurry	Holidays
A Mindful Life	Homemade Healthy Snacks	Men's Cooking
Biggest Winner	I Don't Have Time to Cook	The MIIA 30: Clean Eating
Ditch the Diet	Keto, Paleo and More!	Wellness From Within: A Diabetes Prevention Program
Eating Mindfully for Weight Loss	Maintain Don't Gain Through the	

Movement

Bodyweight Training	Mind Body Fusion	Stay Active at Work
Cardio, Core and More	Namaste and Nutrition	Strength, Stretch, and Balance
Couch to 5K	Line Dancing	Total Body Reboot
Dance Movement	Pilates	Trail Walking
Essentrics, Stretch and Tone	Power Yoga	Yogalates
Improve your Work Posture and Ergonomics	Restorative Yoga	Zumba
	Self-Help Foam Rolling Workshop	

Emotional and Social Wellbeing

A Mindful Life	Happier from the Inside Out	Stress Relief: It's Just a Breath Away
A Taste of Mindfulness	Mindfulness and Human Error	Supporting Your Parents through the Elder Years
Appreciation in the Workplace	Parents Don't Want to be Parented	The New Mindfulness WELLSHOP
Care for the Caregiver	Radical Approach to Stress	Understanding Senior Living Options
Change Management	Resiliency for Public Safety Workers	Workplace Respect and Civility
Cultivating Ease with Mindfulness	Restorative Yoga	
Digital Detox	Saying No and Setting Boundaries	

Sleep

Natural Sleep Solutions	Nutrition, Mindful Eating, and Sleep
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Financial Wellness

Building Confidence Around Money Matters	Money: It's Emotional Business	Planning for Retirement
From Money Stress to Money Smarts	Own Your Money: Talk is Cheap, Life is Not	

