



**FOR IMMEDIATE RELEASE**

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**SHIELDS HEALTH CARE GROUP SELECTS WELLNESS WORKDAYS  
TO BUILD WORLD-CLASS WELLNESS PROGRAM**

**BOSTON, MA – Tuesday, March 16, 2010** – Shields Health Care Group, New England’s leading diagnostic imaging company, has chosen Wellness Workdays to design and implement a strategic, organization-wide wellness program to improve the health of their employees and rein in health care costs. Wellness Workdays is a consulting firm, based in Hingham, MA, which creates worksite wellness programs that inspire employees to make simple and positive changes to improve their health and which save employers money.

"We are very pleased to team up with Wellness Workdays to create a wellness program specially tailored to the unique needs of Shields Health Care," said President Jack Shields. "We pride ourselves on being the leader in our field and we wanted to work with a proven leader like Wellness Workdays to deliver high-impact results that will make our employees healthier and happier and that will save us money in the long-term."

Wellness Workdays’ programs are designed to reach all employees in an organization like Shields. Over the course of a year, employees at all 31 Shields locations will be able to participate in fun events such as cooking demonstrations, a walking program, a team-based 12-week Wellness Challenge with prizes, and nutrition / fitness seminars. The Wellness Program kicks off this month with a variety of events, including onsite biometrics screenings. Employees will have the opportunity to get their cholesterol, blood pressure, glucose and body composition measured. Knowing these key numbers will help them make good choices to improve their health.

“We are excited to be working with Shields and we are very impressed with the wellness programs that they already have in place. Their dedication and commitment to their employees is evident. We are confident that by building on their existing wellness platform we can further improve the quality of their employees’ lives and help contain their healthcare costs.” explained Debra Wein, Founder and President of Wellness Workdays.

### **About Wellness Workdays**

Wellness Workdays is a Hingham, MA based company founded in 1994 committed to providing corporate health and wellness programs that inspire employees to make simple and positive changes in their lives and improve their health while working to lower healthcare costs for the company. Custom tailored programs are developed for each corporate client, including on-site assessment services, monthly lectures, on-site fitness classes (yoga and personal training,) walking programs, newsletters, and website content. Wellness Workdays has worked with hundreds of companies across New England, including Putnam Investments, Hingham Institution for Savings, Waters Corporation, Sekisui Voltek, Town of Westwood, Bentley University and Harvard Business School. For more information about Wellness Workdays, visit [www.wellnessworkdays.com](http://www.wellnessworkdays.com) or call 781.741.5483.

### **About Shields Health Care Group**

Shields Health Care Group is an independent, New England-based medical service provider with a national reputation for blending exceptional customer service with superior technology. A family-owned and operated business for over 25 years, Shields Health Care Group operates a network of 23 imaging centers, 5 PET/CT locations and 3 Radiation Oncology centers which offer the most advanced technology available. For more information on locations and services please visit our website at [www.shields.com](http://www.shields.com)

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