



News

March 11, 2014

Wellness Workdays to Provide Year-Long Worksite Wellness Program to Rogers & Gray Insurance Agency

Wellness Workdays has been selected by Rogers & Gray Insurance Agency to develop and implement a year-long worksite wellness program for its employees. The initiative includes onsite screenings, personal health assessments, a team-based wellness challenge and programs on weight management, behavior change and disease management. The comprehensive program will be rolled out to all employees in Rogers & Gray's eight Massachusetts locations.

"We are very pleased to have a knowledgeable resource like Wellness Workdays to help our employees improve their health," said David T. Robinson, Principal and Executive Vice President of Rogers & Gray Insurance. "It's rare to find a local worksite wellness company with a proven track record of success in strategy, implementation and return on investment."

A seasoned entrepreneur, Debra Wein develops and implements award-winning worksite wellness programs for organizations throughout the country. Her business, Wellness Workdays, is a leading provider of worksite wellness programs and the only worksite wellness provider in Massachusetts to receive state and national certification as a woman-owned business enterprise.

"The entire Wellness Workdays team is very excited to work with Rogers & Gray Insurance Agency," said Debra Wein, president and founder of Wellness Workdays. "We are developing a number of programs designed to excite and engage employees in their health and make fitness fun and attainable for everyone."

About Wellness Workdays

Wellness Workdays (www.wellnessworkdays.com) is a Hingham, Massachusetts based company that provides worksite health and wellness programs that inspire employees to make simple and positive changes in their lives and improve their health. We have worked with hundreds of companies including Putnam Investments, Brown University, the Massachusetts Institute of Technology, Rockland Trust, Perkin Elmer, Old Mutual Asset Management, Waters Corporation, the Town of Westwood, Bentley University and Harvard Business School. Wellness Workdays offers the only ACEND-approved worksite wellness focused internship for dietetics students interested in becoming Registered Dietitians.

About Rogers & Gray Insurance Agency

Rogers & Gray Insurance is ranked in the Top 100 Independent Insurance Agencies in the Country. The agency operates 8 offices, employs 130 people and is licensed in 35 states in which

the personal, business and employee benefits divisions conduct business in. Learn more at RogersGray.com.

For more information contact:

Melissa Maichle at

essentia Marketing & PR

781.534.8620

melissa@essentiamarketingandpr.com