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Contact: Melissa Maichle  
Essentia Marketing & PR  
781.534.8620  
[melissa@essentiamarketingandpr.com](mailto:melissa@essentiamarketingandpr.com)

## **Debra Wein Appointed to Worksite Wellness Council of Massachusetts (WWCMA) Board of Directors**

**HINGHAM, MA – Thursday, June 19, 2014** – Wellness Workdays, a leading provider of worksite health and wellness programs, announced today that its president and founder, Debra Wein, has been appointed to the Board of Directors of the Worksite Wellness Council of Massachusetts (WWCMA) and will chair the Council’s Special Projects Committee. The WWCMA is an organization of health promotion professionals and business leaders dedicated to promoting healthier lifestyles for employees through worksite health promotion activities. The Special Projects Committee manages the planning and execution of the Council's strategic initiatives such as the Worksite Wellness Toolkit and the Benchmarking Survey.

“We are very fortunate to have someone as passionate about employee well-being as Debra on our Board of Directors,” said Kristie Howard, Vice Chair of the Worksite Wellness Council of Massachusetts. “Debra possesses a wealth of knowledge about worksite wellness and her innovative ideas are inspiring. She will bring a lot of energy and enthusiasm to our mission.”

The WWCMA provides innovative wellness best practice programs, training and events along with insightful resources and tools to help advance and promote Massachusetts organizations and their corporate wellness teams. During Debra’s three-year term with the WWCMA Board of Directors, she will work with the organization to strengthen its programs and services, enhance its public standing and ensure effective organizational planning.

### **About Wellness Workdays**

Wellness Workdays ([www.wellnessworkdays.com](http://www.wellnessworkdays.com)) is a Hingham, Massachusetts based company providing worksite health and wellness programs that inspire employees to make simple and positive changes in their lives and improve their health. Wellness Workdays has earned industry recognition and several best practices awards for its clients, which include BJs Wholesale Club, Putnam Investments, Brown University, the Massachusetts Institute of Technology, Rockland Trust, Perkin Elmer, Old Mutual Asset Management, Bentley University and Harvard Business School.

### **About the Worksite Wellness Council of Massachusetts**

The Worksite Wellness Council of Massachusetts ([www.wwcma.org](http://www.wwcma.org)) is the preeminent, independent and objective resource for health promotion in the workplace and champions

wellness programs to help employers encourage healthy employees, healthy families, and healthy communities across the Commonwealth.