

Publication: The Dominion Post; Date: 2008 Mar 14; Section: Local; Page Number: 13-A



# Well done, Morgantown!

## Designated 'Well City,' 1 of just 10

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The Dominion Post

Morgantown is a great place to get well.

The home of WVU was named a "Well City" by the Wellness Councils of America and the Wellness Council of West Virginia.

Morgantown is one of only 10 cities in the country to receive this designation, Well City Initiative committee chair Janette Gidley announced at a press conference Thursday, at WVU's Recreation Center.

To qualify as a Well City, a city must have at least 20 businesses that have earned the "Well Workplace" designation and 20 percent of its workforce must be employed by a designated Well Workplace.

To be designated a Well Workplace, a company must meet a variety of wellness-related requirements, including offering health education and initiatives for employees to incorporate wellness in their daily lives.

Morgantown businesses and committee members have been working with WELCOA and the Wellness Council of West Virginia for 10 years to achieve the title, Gidley said.

"It's been a long, hard journey but it's an exciting finish," Gidley said.

Pam Lipscomb knows the importance of workplace wellness.

She lost 78 pounds after getting a little education — and a lot of encouragement — through the wellness program at her employer, WVU Dining Services.

Lipscomb said she took off the weight — in just six months — by eating lots of fruit and vegetables, drinking lots of water and staying on her feet for eight hours a day working in the Mountainlair.

"I did it just for me," Lipscomb said. "The girls at work are behind me."

Nettie Freshour, WVU Dining

Services' wellness team leader, said Lipscomb's success is "wonderful."

"That's why I got into this field — to see people do these kind of things for themselves," Freshour said.

Steve LaCagnin, chairman of the Board of the Wellness Councils of America and a lawyer with Jackson Kelly in Morgantown, said the program matters. "It has changed lives. It has saved lives. It has made a difference in the lives of the people of our community."

Morgantown Mayor Ron Justice agreed. He encouraged more businesses to get on board. "It's not just the politically correct thing to do. It's the right thing to do."

Ken Gray, WVU vice president for Student Affairs, said he's proud that several of the city's Well Workplaces are WVU employers. "It represents a true commitment on behalf of WVU to contribute to the well-being of our faculty, staff and students."

Morgantown's Well Workplaces are Mon Health System, University Health Associates, WVU Health Sciences, WVU Hospitals, Mylan Phar-



**Morgantown Mayor Ron Justice** (right) holds a plaque designating Morgantown as a "Well City." **Janette Gidley** (left), chairwoman of WVU Foundation, and **Stephen LaCagnin**, of Jackson and Kelly, stand beside him.

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maceuticals, Allegheny Energy, Jackson Kelly, Steptoe & Johnson, *The Dominion Post*, NIOSH, WVU Recreation Center, HealthWorks Rehab & Fitness, beBetter Networks, HealthSouth MountainView Regional Rehabilitation Hospital, Chemtura, WVU Dining Services, WVU Human Resources, NETL, Monon-

galia County Health Department, Centra Bank, WVU Mountainlair and Glenmark Holding.

Other Well Cities nationwide are Kanawha Valley, W.Va.; Gainesville, Fla.; Kearney, Neb.; Lincoln, Neb.; Hobart, Ind.; Chattanooga, Tenn.; Omaha, Neb.; Jacksonville, Fla.; and Bangor, Maine.