



ROSE BROOKS

Breaking the cycle of domestic violence.

MEDIA ALERT **October 5, 2017** **For Immediate Release**

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Rose Brooks Center

Press Release

Rose Brooks Center is a Wellness Certified Company

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With the average American spending 47 hours a week at work, businesses can be a great resource for promoting health and wellness. It's also true that healthier employees are more productive and a healthier workforce means lower costs for company health insurance. Each certified company filled out an extensive questionnaire outlining their health and wellness efforts, covering nutrition, physical activity, tobacco cessation, work-life balance, and the design & built environment. Here are a few examples from among the 233 companies and organizations certified this year.

This year, 233 area businesses and nonprofits have been awarded "Workplace Wellness Certification" from the KC Chamber's Healthy KC Workplace Wellness initiative. That's an increase of 20 companies over the 2016 number, and an increase of 102 over the 2015 number of certified companies. Rose Brooks Center has reached the highest status possible as a platinum certified healthy Kansas City organization, of which they share the honor with only 21% of the total number of companies recognized.

"This is an accomplishment we take great pride in, as we join other leaders throughout the region, who are also creating a culture of health and wellness," explained Scott Mason, Director of Marketing for Rose Brooks Center. "Because of the significant harm to health that domestic violence brings to survivors, and due to the difficult work we do, Rose Brooks' Wellness Program aims to create a culture of wellness throughout our entire organization. This includes everything from meditation rooms and boot camp classes, to a health clinic and fitness center. Both are located on-site, fully equipped, and available to all clients and staff."

At Rose Brooks, the Wellness Program allows both clients and staff to monitor and improve their overall health and physical fitness, which often aids in improving their well-being, and their residents' overall safety.

Rose Brooks Center offers domestic violence services and programming in the Kansas City Metro area and beyond. Rose Brooks Center has been providing services to adults, children, and their pets since 1978. www.rosebrooks.org