



# EMPLOYEE WELLNESS

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The City of Renton recognizes the importance of supporting all employees in achieving a healthy lifestyle through policies and programs that contribute to a healthy environment and by supporting employees in making positive lifestyle choices. The City of Renton Employee Wellness (CREW) Committee is dedicated to promoting a healthy work culture and lifestyle for the benefit of employees working for the City and their families.



*City Employees enjoying a walk on the Cedar River Trail during our Move More campaign*

If you have an idea for a Wellness program or event, or if you would like to serve on the CREW, please contact Carolyn in Human Resources & Risk Management at [ckraft@rentonwa.gov](mailto:ckraft@rentonwa.gov) or x7654.

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City of  
**Renton**  
Employee Wellness





# EMPLOYEE WELLNESS

## HOW WILL YOU GET HEALTHY?

The City of Renton Employee Wellness (CREW) has resources available to establish and maintain a healthy lifestyle.



*Renton Community Center, Exercise for Free!*

## AWARENESS AND SUPPORT

Informative wellness related Brown Bags are presented throughout the year. Also available is the HealthyLife Letter, an informative wellness newsletter located on the intranet and in paper format. Quit for Life Tobacco Cessation is available at no cost. Call 1.866.784.8454 to quit today.



*City Employees walking along the Cedar River during a Move More Wednesday Walk*

## EXERCISE AT WORK FOR FREE

Keep active by exercising at no cost at the Renton Community Center (RCC), City Hall Fitness Room, or Maintenance Shops Fitness Room. The CREW also subsidizes fitness classes at the RCC, giving employees a 50% discount.



*City Employee receiving a free massage at the Wellness Fair*

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