

1.0 PURPOSE

To encourage and promote Municipal employees and councillors to live a healthier and more active lifestyle.

2.0 OBJECTIVE

- a. To improve the overall health of municipal employees & councillors;
- b. To provide financial assistance towards physically active programs;
- c. To improve personal wellness through leveraging the Town's investment in Mariners on Main

3.0 STATEMENT

The Town of Yarmouth recognizes that a healthy lifestyle can decrease absenteeism, reduce sick time, reduce WCB claims, lower health insurance costs and improve employee satisfaction.

The Town will cost share Mariners on Main memberships for participating staff and councillors.

A corporate membership would attract a 15% discount. The Town will pay 45% of the monthly membership fee (individual or family). The remaining 40% will be deducted from the participant's bi-weekly pay.

Clerk's Annotation for Official Policy Book

Date of Adoption: October 14th, 2021

I certify that this 'Health & Wellness Policy' was adopted by Council as indicated above.

Town Clerk:

Date: