

Lock Haven University

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LHU students organize and run employee health fair Practical experience in running an employee wellness program

Students in Lock Haven University's Health Promotion at the Workplace course organized and ran the university's annual Employee Health Fair on November 3.

The students formed committees for different phases involved in running a workplace health fair, and oversaw the entire event. The students also assessed how successful the event was through survey questionnaires completed by both the participants, as well as, the vendors.

Participants at the fair were able to meet with over 30 vendors, sign up for dozens of door prize raffles, and participate in student-run health assessments. They also had the opportunity to receive health screenings and services, such as glucose testing and flu shots.

Students in the RECR 405 Health Promotion at the Workplace course learn a multitude of issues and approaches involved in running a workplace wellness program.

Professor David Wachob, LHU Recreation Management Department, explained why it is imperative for future health professionals to have an understanding of employee wellness. "With health care costs on the rise, businesses are seeking ways to lower costs, as well as, improve employee productivity." Furthermore, "as health insurers and policy makers continue to realize the benefits of taking a preventive stance to health care, the health promotion industry is growing into a very lucrative business." These concepts are taught to LHU students not only to address health needs, but to help expand future career paths.

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