

VETERANS LEADERSHIP PROGRAM
of WESTERN PENNSYLVANIA
(FOUNDED BY VIETNAM VETERANS)

December 22, 2016

To Whom It May Concern:

Veterans Leadership Program Western Pennsylvania is committed to the health and wellbeing of our employees and making each of our offices a Live Well Workplace. We are looking forward to joining other Allegheny County agencies in Living Well.

Beginning in November, our office holds yoga once a week for staff and clients in the office. Many of our staff enjoy walking around the community surrounding our new office on their lunch break. Several individuals bike and others participate in long distance running events. These individuals have paired up with other staff in order to share their experiences and work together to motivate one another.

We have signed up for the Maintain not Gain program through the holidays and several members of our staff have signed up for weekly weigh-ins. Not only is everyone helping each other through the stress of the holidays, they are trading healthy recipes each week through an office message board located by the staff lounge.

Each month a new seminar is held after the staff meeting to focus on healthy living. Topics range from stress management to handling difficult cases. VLP recognizes that every day stress can increase an already susceptible immune system and that being on the front lines to deal with people in crisis can multiply these risk factors.

Our office provides an equipped kitchen for staff to bring in healthy lunch options and often staff will share items from their garden. Healthy choices, including several vegetarian and vegan options are provided at company functions.

Health, dental and vision coverage is provided at low cost to employees, who are encouraged to complete their annual wellness visits. Each employee and their family are encouraged to join the many events that focus on healthy living such as The Crucible and 335 Miles for Veterans.

As VLP enters into the New Year, we wish to make our resolution to continue to focus on Living Well and add smoking cessation to our healthy focus. We are truly committed to being a Live Well Workplace.

Sincerely,

A handwritten signature in cursive script that reads "Christine Pietryga". The signature is written in black ink and is positioned above the printed name.

Christine Pietryga

Director of Programs and Operations

Veterans Leadership Program

VETERANS LEADERSHIP PROGRAM OF WESTERN PENNSYLVANIA
(FOUNDED BY VIETNAM VETERANS)

2417 EAST CARSON STREET · PITTSBURGH, PA 15203 · PHONE 412.481.8200 · FAX 412.481.8202