January 12, 2015

Dear CBU Faculty/Staff Members,

Over the years, CBU has endeavored to build a healthy community and campus. This year, we plan to be more active in this pursuit. In order to achieve this goal, the Benefits and Compensation Committee is creating a new Healthy Initiative Program to help promote a healthy lifestyle amongst faculty and staff here on campus.

As you may recall, I announced in the September 15 CBU Connection that CBU would become a participant in Memphis Business Group on Health's (MBGH) CEO Culture of Health Initiative, committing CBU to promoting and supporting the health of its employees through the University culture, policies, benefits, and programs. Through the Culture of Health Initiative, CBU will actively promote employee health by creating programs that offer employees physical activity support, increase healthy eating options, and promote a wellness culture, initiatives certified by the American Heart Association’s Fit Friendly Business Program. The work of the Benefits and Compensation Committee with support this effort and lead us in this important initiative.

To kick off the program, the Committee will be sponsoring a contest to name CBU’s program. The winner of this contest will receive a Fitbit Tracker for his or her contribution of naming the Healthy Initiative. This program will be a great benefit to our community and will encourage healthy activity and choices for all employees. In the near future, you will see a webpage dedicated to this initiative which will be updated regularly. When this webpage is created, it will be sent to all faculty and staff for their use.

Thank you in advance for your support and participation. I look forward to joining all of CBU’s employees in getting healthy in 2015!

Blessings,
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