


Worked with internal IT department to incorporate a Health and Wellness Page

Health and Wellness

Health and Wellness News

Workplace Wellness



Welcome to our new Health and Wellness Web page! This page was created to give all BWCS employees access to healthy recipes, health and wellness links, upcoming events in our Wellness program as well as in your local area, and monthly Newsletters that encourage you to be healthy. We want and appreciate your feedback! Please check back frequently for new updates and to learn more about the upcoming programs that we will offer here.

We want to express a big thank you to everyone who participated in our Wellness Survey and those who responded to our CPR Class poll. We have had more response and feedback than in the previous years so we are sincerely grateful that you took the time to fill us in! We've also made the results available so you can see your site's turnout and responses. [CPR Results available here.](#)

If you have questions or comments, you can contact BWCS Wellness Coordinators Kayla McWaters at (270) 538-2271 for Paducah employees and Brenda Patton at (740) 289-5432 for Lexington and Portsmouth employees.

03/30/2015

Wellness Program

- [Gym Reimbursement Form](#)
- [Sample Gym Reimbursement Form](#)
- [Gym Reimbursement Flyer](#)

Health and Wellness Links

- [Tools to Know Your Numbers](#)



- Design and implement
- Start a new Monthly Healthy Recipe Program
- Communicate Company's Wellness Programs
- Include helpful health and wellness links

Monthly Healthy Recipe

Homemade Chicken Fingers

Total Time: 45 min
Prep Time: 25 min
Cook Time: 20 min

Yields: 6 servings
 Difficulty: Easy

Ingredients:

Chicken Fingers:

- 2 cups corn flake cereal
- 2 ounces whole wheat melba toast
- 1/3 cup finely grated parmesan
- 1 tablespoon finely chopped fresh parsley, optional
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon Kosher salt
- 2 large egg whites
- 2 pounds chicken tenders
- 2 tablespoons water

Red Pepper-Basil Dipping Sauce:

- 1/2 cup 2% greek yogurt
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped roasted red pepper
- 1/2 teaspoon white wine vinegar
- 1 small clove garlic, grated
- Kosher salt
- Nonstick cooking spray
- 1 tablespoon water