

**FOR IMMEDIATE RELEASE**

## **Maristhill Nursing & Rehabilitation Center Introduces Healthy Nutrition Initiative for Employees**

“BIGGEST LOSER” STAFF COMPETITION SUPPORTED BY INSURANCE & DINING PARTNERS



WALTHAM, MA – (April 24, 2008) **Maristhill Nursing & Rehabilitation Center**, a non-profit provider of rehabilitative services, short-term and long-term care located in Waltham Massachusetts, recently announced that they have begun a **Healthy Nutrition Initiative** for their staff.

The program has quickly become popular, and is being supported by **Unidine**, Maristhill’s dietary service provider who is offering healthy salads to employees, as well as by the facility’s insurers, **Blue Cross Blue Shield**, **Neighborhood Health Plan** and **Thorbahn Associates**, Maristhill’s insurance broker, all of whom are offering gift certificates for the program’s “biggest losers.”

The competition, which began on March 31<sup>st</sup>, involves weekly weigh-ins and posted accounts of weight losses (or gains!), with prizes to be awarded in late May. Aside from some good-natured teasing, it has spawned a lunchtime walking club and a menu exchange. A plan for an on-site diet “pot-luck” is also in the works. Maristhill has also signed a “**Healthy Food in Health Care**” pledge, which promotes the use of local, nutritious and sustainable food along with healthy food practices.

“The initiative has been a lot of fun,” said **Carolyn Fenn**, Maristhill’s Administrator. “The group support has been tremendously helpful as we strive to become healthier and more fit.”

Originally founded in 1969 by the Marist Missionary Sisters, Maristhill is a licensed skilled-nursing and rehabilitation center with a highly-recognized performance record for clinical excellence and quality care. People of all faiths and denominations are welcomed at the 123-bed facility, which is a member of **Covenant Health Systems**, a Catholic health care system sponsoring hospitals, nursing homes, assisted living residences and other health and elder services throughout New England. For additional information please contact Ms. Carolyn Fenn, Administrator, at (781) 893-0240 or visit [www.maristhill.org](http://www.maristhill.org).

###