



**Castlemaine District
Community Health**
Facilitating Better Health

**For Immediate Release
MEDIA RELEASE**

September 2017

Media release: Achieving a healthy workplace

Castlemaine District Community Health (CDCH) is one of only three health organisations in Victoria to have met all benchmarks for the Achievement Program.

“As a health service, we believe in role-modelling a healthy workplace in our community. This means that if we provide catering, it needs to be healthy. We also empower our staff to achieve personal health through the availability of an Employee Assistance Program as well as exercise opportunities,” says CEO Anne Bates.

Recognised by the Victorian Government, the Achievement Program promotes staff health across five areas: Smoking, Physical Activity, Mental Health & Wellbeing, Healthy Eating and Alcohol.

“Promoting health in the workplace makes good business sense. It makes businesses more productive and employees more engaged. Castlemaine District Community Health also offers free support for organisations in Mount Alexander using the ‘Achievement Program’ or ‘Healthy Choices’ frameworks”, says Anne.

For more information on getting supported with the Achievement Program or Healthy Choices, please phone Liza Shaw, Health Promotion Officer at Castlemaine District Community Health on 5479 1042.

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