

2024 WSH Staff Wellness and Benefits Fair

Internal Western State Hospital SharePoint Article

Written by: Hanna McCauley

The 2024 WSH Staff Wellness and Benefits Fair was a resounding success! Held at the Gage Center Main Entrance and the Civil Center Building 9 Ground Floor, the event was a wonderful day of connection, learning, and delicious, healthy treats courtesy of U.S. Foods!



A big shoutout to everyone who participated! Your enthusiasm and engagement truly made the event a hit. We believe that making wellness resources accessible is crucial to fostering a healthy work environment. After all, when we take care of ourselves, we're better equipped to care for our patients and support one another.

The 2024 WSH Staff Wellness and Benefits Fair was a resounding success! Held at the Gage Center Main Entrance and the Civil Center Building 9 Ground Floor, the event was a wonderful day of connection, learning, and delicious, healthy treats courtesy of U.S. Foods!



A big shoutout to everyone who participated! Your enthusiasm and engagement truly made the event a hit. We believe that making wellness resources accessible is crucial to fostering a healthy work environment. After all, when we take care of ourselves, we're better equipped to care for our patients and support one another.

As they explored all the booths, staff discovered tasty healthy recipes, mingled, got their flu shots and learned about wellness resources available to them. Many staff also took the 2024 Employee Engagement Survey, and entered the DSHS mug raffle!

At the Gage Center, there was also the final opportunity to purchase bricks for the South Hall Brick Sale fundraiser. Thank you to everyone who contributed to this great cause!

The resources shared during this event supported health and well-being, addressing everything from physical health to mental wellness. We encourage everyone to take advantage of these offerings, whether you're seeking guidance on retirement planning or looking for ways to enhance your daily nutrition. Thank you to all the departments and staff who contributed to the success of this event. We hope you left feeling inspired and informed—and maybe with a snack or two in hand!

Throughout the day, staff explored various booths featuring valuable resources, including:

- Department of Retirement Services
- Flu shots
- Employee Assistance Program
- Smart Health
- Wellbeing and Conflict Resolution
- Dietary Experts
- Equity, Diversity, Accessibility, Inclusion, and Belonging (EDAIB)
- Diabetes Health
- Pierce College
- And more!

Stay tuned for more wellness events in the future, and remember: taking a moment for yourself can lead to lasting benefits for both you and our community. Let's continue to support each other on our wellness journeys!