

FOR IMMEDIATE RELEASE

Town of Avon Presented With MIIA Health and Wellness Award

February 6, 2024— The town of Avon was presented with a FY2023 Health and Wellness Award from the Massachusetts Interlocal Insurance Association (MIIA), the town's insurance provider. The award was given in recognition of Avon's overall excellence in wellness best practices, leadership support, creativity, innovation, and having an active wellness committee. The award was presented during MIIA's Annual Business Meeting held on January 20, 2024.

MIIA's wellness team recognized Avon's efforts to bring a wide range of wellness programs to employees, including workshops on exercise, balance, posture, and nutrition. After a pause on in-person wellness programs during COVID-19, the town successfully motivated employees to attend in-person workshops again – garnering strong participation even during the summer, a historically difficult time to engage employees.

"We are all very pleased with the award, and the number of employees interested in the program. Health and wellness will always remain a focus of ours and the culture here in Avon absolutely reflects that. It's a really great place to work and we cannot thank MIIA enough for the continued support" Jonathan Beder-Town Administrator

MIIA also acknowledged the continued success of Avon's Wellness Committee, led by active employee champions who showed commitment, support, and dedication to delivering diverse programs to employees. The town regularly participated in MIIA's Well Aware workshops that offer practical guidance for employees and their families to live healthier, more vibrant lives – focusing on areas such as movement, sleep, injury prevention, and building coping skills.

"The town of Avon continues to be engaged and committed to the health and well-being of their employees," said Stanley Corcoran, Executive Vice President of MIIA. "Avon provides an example for other towns and cities in the Commonwealth to follow as they look for practical ways to create a culture of health and wellness for employees."

The Massachusetts Interlocal Insurance Association (MIIA) is the non-profit insurance arm of the Massachusetts Municipal Association. As a member-based organization, MIIA's sole focus is to provide excellent service and quality risk management and health insurance solutions to Massachusetts municipalities and related public entities. MIIA insures nearly 400 cities, towns, and other public entities in Massachusetts. For more information, visit www.emiia.org and www.mma.org.