

## Wellness Works! Are You in the Game?

If wellness initiatives are making a difference in your workplace, you're part of what is becoming a very bountiful bandwagon. But if you haven't made the leap yet, don't worry; it's a big movement – one that welcomes new partners and innovative approaches.

One of the drivers for moving our state forward is the Wellness Council of Indiana, affiliated with the Indiana Chamber for the last two-plus years. Talented and dedicated staff members greatly expand their impact by teaming with local, state and national experts to bring you the latest programs and opportunities.

For the third year in a row, the July-August issue will highlight workplace wellness. We'll feature a variety of companies and initiatives.

It's also an excellent chance to reach out to influential decision-makers by advertising your products



and services. Jim Wagner (jwagner@indianachamber.com) will work with you to help build your business. Ask Jim how to receive a free ad, or take advantage of special wellness packages that include BizVoice® and sponsorship of the 2013 Indiana Employee Health and Wellness Summit.

Among the wellness stories in the works:

- Wellness sustainability: What's next for some companies with established programs?
- Different strokes for different folks: strategic planning, data analysis and more
- Stress management: Getting physical benefits the mind too
- Community collaborations: Making progress around the state

We'll save a few surprises for July-August. As Wellness Council Executive Director Chuck Gillespie says each day – It's Good to be Well!

## What's Chirping on Tweet Street?



The Indiana Chamber has nearly 8,000 followers. Are you on the list? Here are some examples of recent activity:

### @IndianaChamber

Pres. Brinegar discusses #INLegis budget, Speedway upgrades with @IIB <http://ow.ly/jTajG>

Grain Belt Express Clean Line adds to Indiana's wind energy supply chain <http://ow.ly/jRdFM>

Fort Wayne-based @doitbest does it right when it comes to giving back <http://ow.ly/jMDvL> #business

Members: Join us tomorrow for the #ICCall, featuring Rep. Tim Brown & Sen. Tim Lanane discussing #INLegis <http://ow.ly/jK1J4>

Indy's @slingshotSEO to unveil new brand, evolve with market <http://ow.ly/jJMQL> (via @IIB)

Our Vince Griffin testifies to support #KeystoneXL pipeline as key step toward US energy independence while bringing jobs to IN #INLegis

### What others are saying about the Indiana Chamber:

@IndianaChamber question needs to be asked if its schools job to educate or train...two distinctly different things - @TomRAvery

Cam Carter @IndianaChamber rises in support of #INTransit #HB1011 for quality of investment, job access - @ebingaman

It's #college day at the @IndianaChamber. I'm wearing @MarquetteU gear, but there sure are a lot of #Hoosier and #Butler fans around here! - @IndianaINTERN

Good conversation with #KevinBrinegar @IndianaChamber on the latest out of the legislature w/ @GarrisonRadio on @93wibc - @GarrisonRadio

@IndianaChamber We'd like your members' questions/input on #INLegis issues this session. Ask & vote on others here: [ow.ly/iRZB1](http://ow.ly/iRZB1) - @INSenDems

Interesting to read Indiana Council for Economic Education quotes in the March/April BizVoice @IndianaChamber/bit.ly/Zx1XSv - @IndianaBankers

Joe Torillo delivers engaging presentation @IndianaChamber Safety & Health Conference. #INSafety #fdny #safetyfirst #zeroaccidentculture - @GibsonInsurance