



# Western New York's 2017 HEALTHIEST EMPLOYERS®

*A celebration of healthy workplaces*

MAY 25, 2017 • 10:30AM - 1:30 PM • BUFFALO CONVENTION CENTER



Meals on Wheels for WNY

## SMALL (10-124)

### MEALS ON WHEELS FOR WNY

100 James E. Casey Drive, Buffalo, NY  
14206 • [mealsonwheelswny.org](http://mealsonwheelswny.org)

► **President and CEO:** Tara Ellis

► **Product/service:** Meals on Wheels for WNY provides nutritious food, friendship and well-being checks to the homebound elderly and disabled.

► **Employees, local:** 80

► **Founded:** 1969

► **Key executives**

- Chris Procknal, COO
- Lucian Wiza, CFO

► **Top wellness activities:** Monthly wellness topics and activities such as yoga, meditation, stress management.

Challenges such as number of steps, fruits and veggies, weight loss.

► **Biggest benefits:** Employees enjoy the opportunity to connect in group activities such as yoga or walk-at-lunch day. Many employees have raved about the cooking challenge and found new, healthy recipes to make on their own.

► **Programs in place since:** 2013

► **Awards and recognitions:** Certain contests such as weight loss, steps challenge and cooking competition may have small prizes.

► **Why program started:** Our company wanted to formalize an effort to help employees become healthier and to ensure that wellness was a consistent theme throughout the year.

► **Participation during work hours:** Some activities are during work hours,