



Children's Nurturing Project Success Story

100% Healthy Beverage and Physical Activity Policies



"Now with the worksite wellness plan in place, I'm reminded to take care of myself – whether it's eating the right foods or taking time out stretch at my desk". –CNP Staff

"CNP kicked the new year off with a Health and Fitness challenge. It's nice to have co-workers help motivate me to lose weight". –CNP Staff

(Photo: Employees walking during break)

Children's Nurturing Project (CNP) was established in 2001 with the mission to promote healthy parent-child relationships through support services and education. CNP staff is a group of 50 talented and interdisciplinary social workers, nurses, family support specialists, parenting educators, developmental specialists utilizing a home and community based approach to manage a variety of programs serving over hundreds of high risk families. To demonstrate their commitment to health and well-being, CNP adopted an organizational wellness policy in October 2015. Since passing the policy, staff include more physical activity into their daily routine, vegetarian options and salads are offered at catered events and water is served at all meetings. CNP kicked off the New Year with a Health and Wellness Challenge including cash prizes and paid time off incentives.

