

**NEWS
RELEASE**

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CITY OF PADUCAH, KY



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New Episode Airing on Government Channel 11

Your City at Work: Wellness Plan

PADUCAH, KY— Government 11, the governmental access channel of the City of Paducah, has a new episode of *Your City at Work*. The goal of this episode is to educate viewers about the City of Paducah's wellness plan and to motivate everyone to get active and take care of their health. The program is hosted and produced by Pam Spencer, Public Information Officer for the City of Paducah. Dan Sheppard of West Kentucky Community and Technical College is the photographer, director, and editor for the program with the assistance of Tammy Thompson.

In this episode of *Your City at Work: Wellness Plan*, Pam Spencer interviews Stephanie Skinner, Benefits Specialist, about the history and growth of the City of Paducah wellness plan. The plan has changed from a participation-based plan to a results-based plan. Monetary incentives toward the cost of an employee's health insurance are awarded after an employee completes an annual physical and health risk assessment. Additional monetary incentives are provided if the employee is in good health based on laboratory factors and/or completes wellness seminars or programs.

Spencer also interviews City Commissioners Carol Gault and Richard Abraham about their own fitness goals and the benefits of a healthy workforce. In the grand finale of the episode, Commissioner Abraham, a personal trainer, coaches Commissioner Gault and Pam Spencer through a heart-pumping workout. The approximately eight-minute workout involves quick footwork, the tossing of a medicine ball, squats, and push-ups.

Your City at Work: Wellness Plan can be seen on Government 11 on Tuesdays at 10:30 a.m., Thursdays at 9:00 a.m. and 4:30 p.m., and Fridays at 7:30 p.m. A low-resolution version is available to download on www.paducahky.gov.

For more information about *Your City at Work* or other programming on Government 11 produced by West Kentucky Community and Technical College, call Tom Butler at 534-3208 or Pam Spencer at 444-8669. Government Channel 11 program information, videos, news releases, and schedules are available at www.paducahky.gov.

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