

Working for a Healthier Tennessee

Did you know?

- [Working for a Healthier Tennessee](#) (WFHTN) is the workplace wellness program for State of Tennessee employees.
- WFHTN creates a healthy, positive workplace. We show how taking small steps can help employees achieve larger goals.
- WFHTN gives employees the tools and support they need to lead healthier lives for years to come. We do this by [focusing on three areas](#): physical activity, healthy eating and tobacco cessation.
- Each State of TN department has a [Wellness Council](#). This is a team of employees who plan activities to promote good health for their co-workers.
- Want to know what's going on within your department and across the state? [Click here!](#)
- Looking for motivation to live a healthier lifestyle? Some of your co-workers who have successfully increased their physical activity, made healthier food choices and/or quit using tobacco, shared their stories to inspire and offer advice. Check out their stories [here](#).
- Do you have questions? Email us at WFHT.TN@tn.gov.

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January Health Observances
[National Glaucoma Awareness Month](#)

Follow us on social media!



Inspire each other on [Facebook](#) on #WellnessWednesdays!

Leave a comment on our posts related to:

January 8: Your [S.M.A.R.T. healthy habits goal](#)

January 15: Your favorite thing about Working for a Healthier TN

January 22: Your favorite way to stay active

January 29: One healthy lifestyle change you've made this month