

PRESS RELEASE



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City of Tifton Awarded GMA Life & Health Insurance Fund's Health Wellness Grant

[ATLANTA, GEORGIA] – We are excited to announce that the City of Tifton has been awarded one of the *2024 Health Wellness Grants* by the Georgia Municipal Association (GMA). The grant supports the city's commitment to facilitating positive change in the workplace culture and going the extra mile for employees' health and wellness.

GMA is honored to collaborate with the City of Tifton at every step of the health wellness journey. Awards are made statewide to Participating Employers enrolled in one or more medical plans through the GMEBS (Georgia Municipal Employees Benefit Services) Life and Health Insurance Fund.

The Health Wellness Program at GMA helps members embrace a variety of skills, mindsets, and cultures to encourage utmost well-being through workplace health and wellness initiatives. These initiatives have a demonstrated track record of improving employee wellbeing and quality of life, while enhancing workplace morale, reducing medical claims, and maximizing cost impact.

The City of Tifton has designated a Health Wellness Champion to coordinate/oversee the program and work in partnership with GMA to facilitate the planning of targeted activities. Ms. Jocelyn Paulk, Human Resource Director, has expounded on ways the city would benefit from implementing workplace health wellness initiatives, saying, " With the funding, we can implement programs that promote physical fitness, mental health, and overall wellness. Our vision is to create a healthier, happier environment for all employees, and this is a significant step towards achieving that goal."