



For more information, contact:

Mollie Swayne

Communications Specialist

319-892-6084

Mollie.Swayne@LinnCountyIowa.gov

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Linn County Worksite Wellness Committee Hosts Spring Roundtable: “Leveraging the Community: How Local Nonprofits Can Contribute to Workplace Wellness”

LINN COUNTY, Iowa – The Linn County Worksite Wellness Committee (LCWWC) invites business owners and human resource professionals to an upcoming Worksite Wellness Roundtable. The event will connect business leaders to local nonprofits with health-focused programs and educate participants on how they can use these resources to create a healthier workforce.

Bicycling provides a host of health benefits and is associated with a lower risk of mortality from any cause, as well as a lower incidence of cardiovascular disease and coronary heart disease. The Chain Reaction Bike Hub (CRBH) will offer practical ways to generate interest in biking among a company’s workforce. Additionally, CRBH will educate participants on how their employees can safely transition to a commute on two wheels, as well as how drivers should coexist with cyclists on the roads.

Diet is also a major factor in a person’s health status. A representative from Cultivate Hope Urban Farm will educate Roundtable participants on Community Supported Agriculture (CSA) programs, which provide participants with healthy, locally grown produce. The presentation will include how worksites can connect employees to CSA share programs.

Event Details

Date: Wednesday, March 11, 2026

Time: 8:30–10:00 a.m.

Location: Linn County Public Health, 1020 6th St. SE, Cedar Rapids, IA 52401. The event will be held in Room 303.

Cost: Free

Link to register: <https://sprw.io/stt-XNfJe>

Join the Linn County Worksite Wellness Planning Committee

The LCWW Planning Committee is seeking a new member to join in the planning of our quarterly events. We are looking for someone who represents a small business. The planning committee meets once per month, typically on the first Friday. If you are interested, please contact Kristy Knight at Kristy.Knight@linncountyiowa.gov.

Free Worksite Wellness Assessment

At the Roundtable, employers will have the opportunity to enroll in a free Worksite Wellness Assessment. The assessment will identify successful policies already in place at a worksite as well as areas for improvement. Employers can use this powerful tool to identify actionable steps that will simultaneously improve the health of their workforce and their business.

All Linn County employers are eligible to participate. The committee is especially interested in working with small businesses with 15-20 employees. Those unable to attend the event may still access the assessment by contacting Kristy Knight at Kristy.Knight@linncountyiowa.gov.

About the Linn County Worksite Wellness Committee: *The committee is comprised of health care professionals, Linn County Public Health, and company representatives throughout Linn County. Together, they are committed to promoting healthier workplaces and improving the health of employees.*