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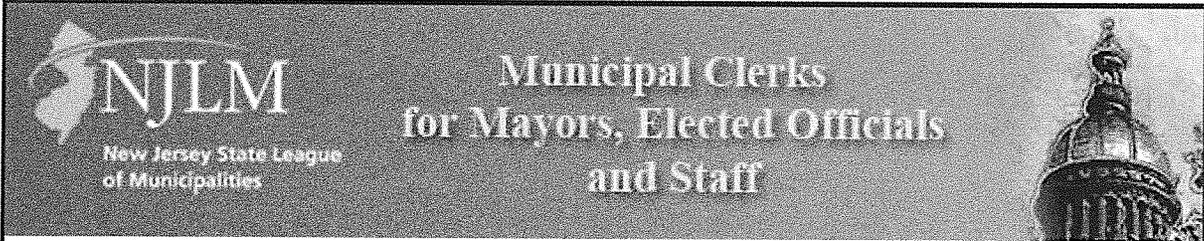
Masser, Michelle

From: Lashway, Lisa
Sent: Wednesday, January 16, 2013 3:42 PM
To: Canning, Sean; Masser, Michelle
Subject: FW: I. 2013 NJ Local Government Deskbook II. Join the Mayors Wellness Campaign TODAY!

Lisa Lashway
Mt. Olive Twp. Clerk
973-691-0900 Ext. 7291
FAX 973-691-2080
PO Box 450
Budd Lake, NJ 07828

From: NJLM to Municipal Officials [mailto:njlm-clerks@cityconnections.com]
Sent: Wednesday, January 16, 2013 3:41 PM
To: Lashway, Lisa
Subject: I. 2013 NJ Local Government Deskbook II. Join the Mayors Wellness Campaign TODAY!

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January 16, 2013

Re: I. 2013 New Jersey Local Government Deskbook

Dear Municipal Official:

**Make sure you have the most current edition.
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Published annually in November.

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Re: II. Mayors: Help your town stay healthy in the New Year. Join the Mayors Wellness Campaign TODAY!

Dear Mayor:

The New Year is officially here! We'd like to inform those of you who recently took the oath of office, and remind those of you who have been in office, about a program that can accomplish a lot of good for

your community with little or no public funds.

The **Mayors Wellness Campaign** (MWC), a program of the New Jersey Health Care Quality Institute in partnership with the New Jersey State League of Municipalities, supports mayors as champions of community health. By encouraging mayors to play a leadership role in supporting local opportunities for active, healthy lifestyles, the intent of the MWC is to reduce health care costs and foster active living and healthy lifestyles for all New Jersey citizens. Currently, more than half of the New Jersey's 566 municipalities are participating in the campaign and are working aggressively to increase the overall health of their communities.

This time of year is the perfect time to start wellness initiatives in your town. As people make their new year's resolutions, it's a great time for you to encourage the citizens in your community to get out and get moving. Health and wellness events don't have to wait for warmer weather!

If you haven't already done so, please take the time to join the Mayors Wellness Campaign today. It's easy and doesn't cost a thing. Simply visit www.mayorswellnesscampaign.org and click on "Mayors, Sign the Mayors Wellness Campaign Pledge" on the home page. Fill in the form and you will receive information about the program and assistance from the MWC staff.

If you've already joined the Mayors Wellness Campaign, you know how important it is to promote wellness in your community. If you haven't already signed the MWC pledge, there's never been a better time to join. Please sign up today, and help your town have a healthy and happy new year!

For more information, please feel free to contact Melissa Kostinas, Director of the Mayors Wellness Campaign, at 609-303-0373 or mkostinas@njhcqi.org. We look forward to hearing from you!

Very truly yours,

William Dressel
Executive Director

Melissa Kostinas
Director, Mayors Wellness Campaign

*If you would like to be removed from receiving faxed advisories please contact Shirley Cade at scade@njslom.com or 609-695-3481 ext. 114 with the name of your municipality and fax number. Thank you.

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New Jersey League of Municipalities
222 West State Street, Trenton, NJ 08608
609-695-3481

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