



## Fetzer Vineyards

In keeping with its commitment to restore, revitalize, and regenerate ecosystems and communities, Fetzer Vineyards is working to incorporate new worksite wellness strategies and improve existing programs. Fetzer has worked to create a health and safety team that oversees worksite wellness. Each month a newsletter is distributed about a health topic which is provided to all staff.

During the month of April, Fetzer is kick starting a new way of managing their employee garden. Fetzer will now have weekly farmers markets on site where staff can try foods from the garden and then take the vegetables home to cook with. Seminars will also start and cover topics such as managing your own garden or how to lay drip irrigation. The hope is to expand this to include winter gardens and planting additional fruit trees around their property for distribution through the market.



Not only has Fetzer worked to create a community garden, but they have also built their worksite wellness programs in other ways. Fetzer has had biometric screenings for employees annually and organizes health fairs biennially. Fetzer has had a number of successes with their health fairs including an employee who discovered he was at risk of diabetes related to his high blood glucose test. After the screening, this employee changed his eating habits, exercises daily and is now teaching classes on health and wellness in the community and sharing his story with coworkers.

One goal for Fetzer moving forward is to promote the walking paths currently on site. The maps, which are available in each department, utilize Google Maps and calculate distances, calories burned and walk duration. The paths will be promoted during their “Walk-tober” event and there will be an employee contest to name the walking paths and further create a culture of health.

The objective is to work to improve health by creating a healthier environment and therefore lowering health risks such as high blood pressure which will be measured at the biometric screenings. Additionally, Fetzer has seen the benefits both monetarily and in the lives of their employees.

To learn more about Fetzer’s program, you can reach out to Bev Franzen, Director of Safety and Risk Management, at 707.744.7600.