

County of Sacramento Employee Wellness Program is launching the Department Wellness Grant Program again for 2025.

County departments that are awarded wellness grants will have the opportunity to allocate these funds for department-focused and customized wellness programs. These programs can consist of, but are not limited to: department wellness challenges, on-site and virtual low-impact fitness classes and presentations, facility improvements, walking signs, healthy vending machines, healthy meeting initiatives, sponsoring community-based wellness events (5K, 10K, cycling race), incentives and more.

Why is the Employee Wellness Program offering this Department Grant Program?

- County of Sacramento understands that their employees are its greatest asset and wants to support County employees on their journey to optimal health.
- The most prevalent health risks currently affecting County employees are high blood pressure, diabetes and prediabetes, and overweight and obesity. The County wants to help departments provide health and wellness resources to their employees to help employees stay healthy.
- Departments are also encouraged to focus on emotional well-being activities that can help employees' physical, mental, social, and emotional health.
- County of Sacramento recognizes that some departments are already offering wellness activities and events to promote a healthy workforce, and the County wants to help support those departments financially in those wellness endeavors.
- This Department Wellness Grant Program identifies opportunities for further change and transformation to create a culture of health and well-being at the County.

Departments who receive the grants will receive a gift card to cover wellness program-related expenses, up to \$3,000. (The amount received will be based on Department size.) Only one grant may be allocated per department. Departments that are interested in applying for a wellness grant, please have your designated Wellness Champion submit all required documents by April 11, 2025.

Please see [Intranet Page](#) for the Instructions/Guidelines and the Application. The Application is a fillable pdf, so you can fill in your responses directly on the pdf, save, and submit.

For questions about the Department Grant Program, please contact Dayna Gowan, County of Sacramento Wellness Program Consultant, at dgowan@keenan.com.



Sacramento County



Commit to be Fit
Employee Wellness Program