

## Current Southern Region Healthiest Maryland Businesses:

Accountable Solutions, Inc.  
Arrow American Pest & Termite  
Be Happy Be Healthy  
Calvert County Health Department  
Calvert Health System  
Calvert Hospice  
Calvert Systems Engineering, Inc.  
Cambridge Pediatrics  
Center for Children  
Charles County Dept. of Health  
Charles County Depts. Of Social Svs.  
Charles County Government  
Charles County Public Schools  
College of Southern Maryland  
Community Bank of Tri-County  
Dunkirk Vision  
Gentle Family Dentistry, LLC  
Health Partners, Inc.  
Hospice of Charles County  
LK Deal Electric  
LifeStyles of Maryland Foundation  
Longevity Studios  
MedStar St. Mary's Hospital  
The Medically Oriented Gym @ GPT  
Morgan Stanley, La Plata  
Plan-It-4-U Event Planning, LLC  
Poston's Fitness for Life  
Recorded Books, Inc.  
SMECO  
Southern Maryland Martial Arts and Fitness  
Spring Dell Center  
St. Mary's County Government  
St. Mary's County Health Dept.  
St. Mary's County Library  
St. Mary's Nursing & Rehab. Center  
Svetness Fitness and Nutrition  
The Wills Group  
Town of Chesapeake Beach  
Trinity Fitness  
United Way of Calvert County  
UM Charles Regional Medical Center  
Walden Sierra  
World Gym La Plata  
World Gym, St. Mary's  
Zekiah Technologies, Inc.  
**and counting!**



# HEALTHIEST MARYLAND BUSINESSES

**Healthiest Maryland Businesses** (HMB) is a state-wide initiative to increase the health of Maryland employees. Businesses who join Healthiest Maryland Businesses are taking the first step towards creating an environment that supports healthy employees.

CEOs and leaders who join **Healthiest Maryland Businesses** are taking the first step towards creating an environment that supports healthy employees, an economic driver of your business' fiscal health.

## The Benefits to Joining:

**By joining the Healthiest Maryland movement, you will receive:**

- Membership is FREE
- Consultation with certified worksite wellness specialists
- Access to the Healthiest Maryland Businesses e-newsletter
- Educational training events, including CDC's Work@Health Employer Training
- Direct connection to evidence-based workplace wellness resources
- Peer-to-peer support from neighboring businesses
- Promotion as a member in this leading, statewide initiative, including the use of the HMB logo
- Free advertising in monthly newsletter

## How to Join

1. Visit [healthiestmdbusinesses.org](http://healthiestmdbusinesses.org)
2. Click "Join" to take the [CDC Worksite Health ScoreCard](#),

## Contact

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