**For Immediate Release** Contact:

Phone:

Email:

**[Name of school, participating organizations, etc.]** **Joins Work in Balance Day Celebration**

*Supporting school employee wellness helps to build a stronger, more resilient school community.*

**[CITY, STATE] ([Date])** – **[Name of school, participating organizations, etc.]** in **[city]** will foster a day of wellness for all of its school employees throughout the Commonwealth on **[INSERT DATE].**

Approximately **[number]** employees from **[name of school(s) participating]** will be attending this special in-service day alongside local business partners, such as **[INSERT BUSINESSES INVOLVED].** **(include only if you have a significant keynote speaker)** Additionally there will be **[INSERT NAME AND JOB OF KEYNOTE SPEAKER] as a keynote speaker to [INSERT PURPOSE OF KEYNOTE SPEAKER].**

The event will begin at **[time]** with school employees receiving a free breakfast in the **[start location].** After breakfast, the day will kick off with **[INSERT KEYNOTE SPEAKER].** Then, employees will have the option to attend various sessions offered throughout the day, such as **[INSERT EXAMPLE SESSIONS]**. The day will conclude with giveaways for each participant and raffle prizes.

Work in Balance emphasizes the pivotal role that school employees play in fostering a safe, healthy school community. Prioritizing the health and well-being of staff not only helps reduce stress and burnout but also enhances their ability to support students both academically and emotionally. When school employees feel valued and cared for, it cultivates a more positive, connected school climate.

Penn State PRO Wellness supports **[Name of school, participating organizations, etc.]s’** Work in Balance Day efforts by providing promotional materials and technical assistance to help schools make employee wellness a priority.

**[Include additional information about your program and how it fits into the larger picture for the community]** For additional local information, please contact **[name]** at **[phone number: if possible, give a cell phone number or other number that enables the media to contact the individual during the event].**

**For additional information, please visit these websites:**

Penn State PRO Wellness [med.psu.edu/PROwellness](http://med.psu.edu/PROwellness)

**[INSERT SCHOOL DISTRICT NAME]** **[INSERT LINK TO SCHOOL WEBSITE]**