

## **FOR IMMEDIATE RELEASE**

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### **PharmaCare Awarded Allegany County Health Department Grant**

The PharmaCare Network was recently awarded a \$1,000 grant from the Allegany County Health Department. The funds were being offered in conjunction with the *Healthiest Maryland Businesses*, a state-wide initiative aiming to engage Maryland businesses to create strategies to provide their workers with a healthy place to work. It offers tools to help create and implement wellness plans and to promote worksite changes such as improved nutritional offerings and physical activity.

“American adults spend an average of 8 to 10 hours a day at work and unfortunately, the workplace can contribute to poor health. People with desk jobs are physically inactive and people with high stress jobs have difficulty sleeping and make poor dietary choices. PharmaCare has many great programs already in place, but there is always room for improvement. This grant will enable us to create new programs to assist our employees and their families with their health and well-being.” stated Lisa Bohrer, R.N., BC, Community Health and Wellness Manager.

John H. Balch, RPh, President of The PharmaCare Network commented, “Our employees are our greatest asset and it is important we offer them a comprehensive wellness program. It’s not enough to just offer employment opportunities, but also include activities and events to support mental and physical well-being.”

Serving the tri-state area, The PharmaCare Network includes seven retail pharmacies, a home medical department with a full-service respiratory care team, an institutional, infusion and compound pharmacy. For more information on The PharmaCare Network, please visit [www.pharmacarenetwork.com](http://www.pharmacarenetwork.com) or Like and Follow them on Facebook at [www.facebook.com/thepharmacarenetwork](https://www.facebook.com/thepharmacarenetwork).