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# The Journal

Today's Voice of the North

## Companies recognised at North East Better Health at Work awards

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A total of 20 companies and 91 employees were recognised at the North East Better Health at Work awards ceremony held at Sunderland's Stadium of Light



The Stadium of Light, home of Sunderland AFC

Caring employers have been applauded for their commitment to encouraging better health among their staff.



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## **PUBLICITY SEEKERS**

A total of 20 companies and 91 employees were recognised at the North East Better Health at Work awards ceremony held at Sunderland's Stadium of Light.

The event – a partnership between training organisation Amacus, local authorities, employers and health service providers – aims to commend the efforts made by companies across Sunderland, Gateshead and South Tyneside to provide advice on achieving healthier lifestyles.

Among those receiving awards this year were Gateshead Carers' Association, which helped three staff members quit smoking, and the Sunderland-based Grundfos Manufacturing, which raised £260 for cancer and Alzheimer's charities with a weight management campaign and 25-mile bike ride.

Amacus managing director Christine Hall said: "It's so important for employers to encourage good health. Not only does it help the staff themselves but brings enormous benefits to business, the economy of the region and the quality of life of all those who live in the North East."

**25 March 2014**