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## FOR IMMEDIATE RELEASE

### Coordinators named for BWI Health Promotions programs

BUFFALO, N.Y., November 15, 2010 – Two health and wellness professionals have been named as coordinators of BWI Health Promotions programs. Babette Podlasinski of South Wales is the company's new School Health and Wellness Coordinator and Tani Wojcinski of Dunkirk is serving as BWI's Fitness Director.

Podlasinski is overseeing BWI's onsite school programming, which involves interactive learning for students in grades kindergarten through 12 and includes much of the New York state health curriculum content delivered in an engaging and fun format. Programs that she will help market to schools include: healthy school assemblies (BWI's Health and Wellness Quiz Game Show and "Drugs or No Drugs" Reality Show for Teens), after-school and recreation programs (BWI's "Be Fit Kids," "Common Sense Nutrition for Kids" and new BFK online program) and staff development (keynote presenters, workshops and wellness day events).

Podlasinski is a licensed registered nurse and wellness coordinator with more than 20 years of experience at the City of Buffalo School District, home health care providers and hospitals.

As BWI's Fitness Director, Wojcinski oversees BWI's Family Wellness Programs and its fitness instructors. Instructors lead classes that range from Yogalates and Pilates to Core Training and Zumba. BWI partners with various school districts and community recreation programs from Lockport and Lewiston to Irving and Salamanca. Current classes open to the community can be found on the website at [www.bwihp.com](http://www.bwihp.com).

Wojcinski's background as an exercise physiologist and certified personal trainer has included serving several health clubs, the Seneca Nation of Indians Health Department and Plymouth State University in New Hampshire. She is a certified BWI Health Coach-Advisor, group exercise leader and Zumba instructor. Wojcinski attained her bachelor's degree in exercise and sports science from Oregon State University and is currently pursuing her master of science degree.

BWI Health Promotions has been a regional leader of comprehensive wellness management solutions, team-building, fitness programs and worksite health since 1994. Its goal is to provide customized health promotion services that positively impact an organization's bottom line and produce measurable results.

For more information, call 716-992-2732 or visit [www.bwihp.com](http://www.bwihp.com).

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