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October 15, 2026cvenable@cityofstatham.com**City of Statham was awarded 2026 GMA Life & Health Insurance Fund's Health Wellness Grant**

Georgia Municipal Association GMA is excited to announce that the City of Statham has been awarded one of the 2026 Health Wellness Grants by the Georgia Municipal Association (GMA). The grant supports the City of Statham commitment to facilitating positive changes in the workplace culture and going the extra mile for employees' health wellness.

GMA is honored to collaborate with the City of Statham for a health and wellness journey. Awards are made statewide to Participating Employers enrolled in one or more medical plans through the GMEBS (Georgia Municipal Employees Benefit Services) Life and Health Insurance Fund.

The Health Wellness Program at GMA helps members embrace a variety of skills, mindsets, and cultures to encourage utmost wellbeing through workplace health wellness initiatives. These initiatives have a demonstrated track record of improving employee wellbeing and quality of life, while enhancing workplace morale, reducing medical claims, and maximizing cost impact.

The City of Statham has designated a Health Wellness Champion to coordinate a program and work in partnership with GMA to facilitate the planning of targeted activities. The City of Statham has designated a Health and Wellness Champion to coordinate workplace wellness initiatives and partner with the Georgia Municipal Association (GMA) to plan and implement targeted activities that support employee health and well-being.

Katerin Argueta will serve as the City's lead Well-Being Champion, working alongside City staff to explore and develop wellness initiatives that encourage healthier habits, promote education, and help employees make their health a priority. Through these efforts, the city aims to foster a healthier, happier, and more balanced workplace.

There will always be reasons why we put off eating healthier, exercising, or taking a moment to pause and recharge. The key is finding one reason to begin. For the City of Statham, the focus is on helping each employee discover their own motivation to start a personal wellness journey. Wellness looks different for everyone. Whether the goal is improving nutrition, increasing physical activity, managing stress, or simply making more time for self-care, every small step can make a meaningful difference. By utilizing the tools and resources designed by GMA Life & Health, the City of Statham hopes to make the path toward better health more accessible, achievable, and sustainable for its employees.

Through this initiative, the city is committed to encouraging a culture of wellness that empowers employees to take positive steps toward healthier lifestyles—one choice, one habit, and one day at a time.