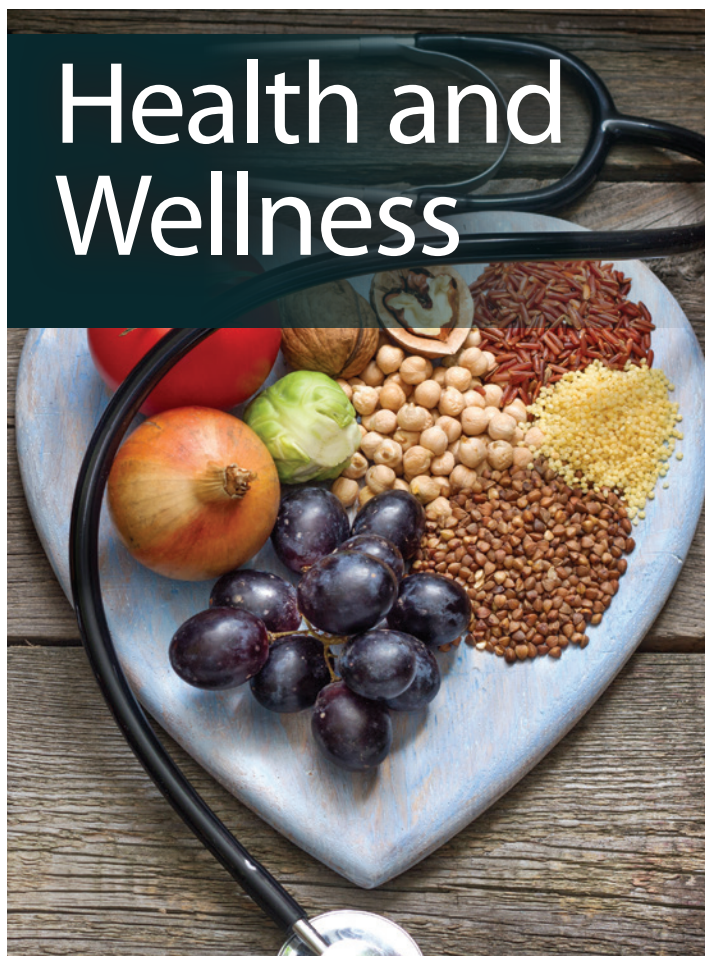


# Health and Wellness



Choosing the right foods can help reduce the risk of several diseases, maintain a healthy weight, improve body functions and more — and that even small changes can help.

## Health Observances include:

- Fruit and Veggies—More Matters Month
- National Cholesterol Education Month
- Whole Grains Month

## Support these awareness initiatives with:

- How to Eat Healthy FastGuides®
- Eating for a Healthier Heart
- Managing High Cholesterol FastGuides®

## Eat Right and save Money Doing It

Watch with Webinar on Eating Right on a Budget

# Training & Development



*Congratulations to Todd Puchovan and Alex Koles for Graduating the Michigan Applied Technical Training (Apprentice) program.*

The Human Resource team is working together and partnering with the MI/SC/TN and local colleges on many training programs to assist Proper in our initiatives of Growing our Own Talent as we are “Committed to Your Success!”

In recent events, Michigan’s HR team has partnered with MI Works for their continued efforts recruiting and training programs through Macomb’s Workforce & Continuing Education team. After merely 1 week of partnership, and the success of the certification programs they offer, we hired 3 associates within our Warren facility. Coupled with the certificate and the Veteran Boot camp, we believe this will be a successful partnership for recruiting and training candidates.

Going a little south to our South Carolina facility, in early 2015, the HR team partnered with Tri-County Technical College (TCTC). After the partnership was established, we quickly set up the Apprenticeship program for Mold Maker and are currently in the processes of reviewing a program for Process Technicians, Quality Engineers, as well as Maintenance Technicians. We also established another partnership with MSSC Goodwill program in which we obtain candidates whom are going through a SCMC (South Carolina Manufacturing Certification) which are required to have 100 hours of On-the-Job training, to date this program has been a successful tool in growing our own talent. For further information about the certificate please visit: <http://www.sctechsystem.edu/scmc/about.htm>.

Last but not least, is our Tennessee facility, HR Manager, Amber Maiani, has meetings scheduled to search and establish an education/training facility for further advancement opportunities for our newly added proper associates to be able to enroll in a certified Department of Labor Apprenticeship Program. Stay tuned for further information.

If you would like to know more about the training programs Proper has to offer please email us at [HR@propergroupintl.com](mailto:HR@propergroupintl.com). HR values the opportunity to speak with you, hear your goals, and see how we may line them up with our advancement opportunities.