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# Press Release

**Aero Instruments & Avionics receives Healthy Workplace Award.**

**Business First Buffalo and Independent Health recognize Aero Instruments & Avionics for employee health efforts.**

**N. Tonawanda, NY, March 29, 2010:** Aero Instruments & Avionics, Inc. (AIA) of North Tonawanda, NY, was recognized for its efforts to raise the health consciousness of employees by the Business First Buffalo news organization, in cooperation with Independent Health, a Western New York based health insurance provider. The HEALTHY WORKPLACE AWARD is given to companies who show dedication to creating a work environment that encourages healthy living among its employees. The award for Buffalo businesses sized 50 to 100 employees was presented to AIA's Steve Toth, Manager of Health and Safety, in recognition of AIA's continuing efforts to provide a safe and healthy workplace.

Per Steve Toth, "Thanks to a strong commitment by management to promote a healthy work environment, Aero Instruments & Avionics has been able to implement a well rounded approach to health and wellness. We employ a multi-layered approach to communicating our wellness message to employees via periodic email messages, postings, and "sandwich boards" in the cafeteria. We also work with the Wellness Department at Independent Health to provide numerous On-Site educational presentations. These have covered such topics as smoking cessation, weight loss, healthy holidays, stress management, bodyweight resistance exercises, and healthy eating. We also offer company paid CPR Training and recertification, and a discount on defensive driving courses approved by the New York State Department of Motor Vehicles in conjunction with our insurance carrier.

For Immediate Release

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Says Toth; "Our wellness program is effective because of our total outlook on being healthy and active. Instead of normal programs just telling you how to eat and how to exercise, we go further. We have had presentations and seminars on everything from stress and personal hygiene to dieting and exercise."

AIA wishes to express gratitude to our employees for your active participation in these programs, and striving to keep yourselves and your families healthy.

Refer to attached photo: [Aero\\_HealthyWorkplace\\_Award.jpg](#)



**About Aero Instruments & Avionics, Inc.**

Aero Instruments & Avionics, Inc. is an FAA and EASA approved PART 145 repair center for Instruments, Avionics and Accessories. Proudly entering our fifth decade as the leader in test, repair and overhaul of commercial air transport and regional aircraft components.

To learn more about our services visit [www.aeroinst.com](http://www.aeroinst.com)

