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# Corporate Wellness Made Easy

Healthy Employees = Happy Employees

Our Employee Wellness Program was created to make wellness easy for your company. It focuses on all dimensions of wellness, helps to create a culture of wellness, and provides your employees the tools, skills and motivation to live healthier lifestyles.

With the right education, skills/tools, motivation, and social support, people change behaviors. Wellness programs are good at helping people adopt and maintain healthy behaviors.

The key is to have healthy behaviors for years, not just a day or week.

Employee wellness programs can reduce elevated health risks, reduce health care costs, improve productivity, decrease absenteeism, improve employee recruitment and retention, and build & help sustain high employee morale.



## Workplace Wellness Opportunities

Health Interest & Needs Survey

Wellness Programs

Lunch & Learns

Wellness Newsletters

Fitness Assessments

Behavior Change Coaching

Fitness Classes

Personal & Group Training

WELCOA Well Workplace Application

