Health Concerns
Approximately two-thirds of deaths in adults 25 and older are caused by cardiovascular disease, diabetes, and cancer.

Medical costs of treating these conditions are a major burden on individuals and employees.

Wellness Solutions
Chronic conditions that affect many workers can be prevented through efforts to promote healthy diets, physical activity, and other lifestyle choices.

Wellness is more than just physical health!

Benefits of Wellness
Worksite Wellness programs can result in:
- Improved employee morale
- Increased attractiveness to potential employees
- Decreased absenteeism and increased productivity
- Healthy role models for youth and the community

Staff Wellness Comes in Many Forms
- Healthy meeting policies
- Nutrition education and promotion
- Healthy snacks and vending machines
- Flexible hours
- Wellness incentives
- Community service
- Scheduled recess
- Office decoration
- AND MORE!