Inspiring WellBeing

Your Life & Work Connections
Our Approach

Inspiring WellBeing

Physical

Environmental

Emotional

Social

Intellectual

Financial

Professional

Spiritual

You
Programs

Childcare Consultations
Parenting Consultations
Childcare Choice
Sick and Back-Up Childcare
Lactation Room Consultations
Nutrition Coaching
Mini-health Screenings
MOM & POP Screening
Financial Literacy
Suicide Prevention
Health Impact Program (HIP)

Short-term Counseling
Burnout Prevention
Stress Management
Resiliency Skills
Elder Care Consultations
Adult Care Consultations
Referrals and Resources
Workshops and Trainings
Department Presentations

And MORE . . .
Wellness Ambassadors
Understand
Seek to understand your departments’ unique wellness aspirations.

Explore
Create and implement wellness opportunities.

Lead
Encourage and promote a culture of wellness.
Content On Your Time

On-Demand Videos

The Latest

Tools
Upcoming Workshops

- Midweek Money Management
- Parents at Work
- Talk Saves Lives
- Post-Traumatic Growth
- The Talk; No, Not That One
- Cultivating Hope
- G.R.O.W. Resilience in the Face of Adversity
- Financial Literacy

And so much more . . .
Your Team

Here for You!
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