

WELLNESS

VALUABLE MEETINGS CAN HAPPEN BETWEEN
AN EMPLOYEE AND A GOOD WORKOUT.



It's a proven fact that a healthy workforce is a more productive workforce. Participation in the YMCA Corporate Wellness Program can work wonders – giving your people increased energy, reduced stress and a more positive outlook on their jobs, their families, and life itself. And, ultimately, the company reaps the rewards of people who are energized and motivated, while at the same time experiencing less absenteeism, lower healthcare costs and fewer medical claims.

Make health a priority and all your company's priorities can fall into place.

The YMCA offers numerous classes, programs and services to keep your employees on the road to well-being:

Results driven:

- ◆ Customized solutions for each business
- ◆ Employee wellness surveys to more thoroughly understand the priorities of your employees
- ◆ Tracking tools to measure impact and progress as you go
- ◆ Corporate retreats and conferences at the YMCA are a great way to keep employees motivated and positive

Fully engaged:

- ◆ On-site fitness and education classes to get employees started
- ◆ Coach-based personalized fitness programs
- ◆ Free classes at the YMCA included with membership
- ◆ Focused and experienced at serving the needs of your employees and their families
- ◆ Incentives exclusive to Corporate Wellness participants who regularly visit the YMCA
- ◆ Free Family Membership if your child is enrolled full-time at one of our child care centers
- ◆ Free trial week, one month free when you join and a rate plan ensuring affordability for all employees