

# Health & Wellness Program

Achieve and maintain a healthy and balanced lifestyle with our new interactive online wellness program, myWelCoach.com.



## Good Health at Your Finger Tips.

We're excited to introduce you to our brand new wellness **Wellness at Work** - health and wellness program. Designed to help you get a jump start on making positive changes to your health and well-being, you'll be able to stay up-to-date on the latest health, fitness, nutrition and wellness information through our wellness seminars and webinar series. Attending any of our health & wellness presentations is the easiest and most effective way to get connected with health and wellness information on a variety of topics.

### Get Started Today!

#### Step 1

**Click** - Click the designated URL and boom, you are in a web meeting in under 8 seconds!  
*That's it!*

Get a jump start on making positive changes to your health and well-being. The information you get from our health education seminars can empower you to take better care of your health, start a habit, or become a better healthcare-consumer.

### Upcoming Health & Wellness Webinars:

Place Holder for "Monthly-Switchout"

For more information, contact your Human Resources Department to sign up and participate.