Let’s **Work Well**

You pick the topic, we bring wellness to your department. Here’s why:

- Employers with work site health promotion programs see about 27% reduction in sick leave absenteeism, 26% reduction in health costs, 32% decrease in workers’ compensation and disability claims (American Journal of Health Promotion).
- More than 75% of employers’ healthcare costs and productivity losses are related to employee lifestyle choices (Centers for Disease Control & Prevention).
- To be successful, employees need to know they have a commitment from the top and they must supported by those that directly supervise them (WELCOA).

**Help your employees to increase knowledge, improve morale and stay engaged in their workplace.**

### Details
- Each presentation can be 15-60 minutes.
- We recommend scheduling the presentations to either be before or after an already planned meeting or event, as your team will already have time set aside.
- Topics noted with an * can be can interactive with movement (share with team in advance)

### Topics:
- **Why Should I Be Well?**
- Reducing and Managing Stress
  - Coloring or Vision Boarding
  - Breathing and Mindfulness
  - Grown Up Recess*
- **Movement vs. Exercise***
- Setting Goals for Health, Wellness & Beyond
- Creating Balance with Diet and Exercise
- Defeat the Seat – Combatting a Sedentary Lifestyle*
- Finding the Time: Using Creative Time Management to Achieve Your Wellness Goals
- What the Health? A review of biometrics, and how to identify when it’s time to see the doc!
- Request a topic you feel relevant to your group

### Scheduling:
Email [Ashley.Varol@uc.edu](mailto:Ashley.Varol@uc.edu) with dates and times that would work for your team and topics your team would be interested in. For personalization of materials, 2-3 weeks’ notice is helpful.