

# Health and Wellness at Work Workshop

A healthy employee is a happy and productive employee, and that is a goal for every organization. Through our Health and Wellness at Work program your participants will experience the benefits of a healthier lifestyle and workplace.

Our Health and Wellness at Work course will be instrumental in creating a “Culture of Wellness” within your organization. Your participants will touch on common issues such as smoking cessation, nutrition & weight loss, and preventative care. Health and Wellness is the responsibility of everyone in an organization so take the positive step and create a program at your organization.

## Workshop Objectives:

- Access Health and Wellness Program Needs
- Plan a Health and Wellness Program
- Implement a Health and Wellness Program
- Maintain a Health and Wellness Program



For more information or to reserve your spot in this workshop, please contact:

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## CLASS CONTENT

### **Session One: Getting Started**

Workshop Objectives

### **Session Two: Definition of a Health and Wellness Program**

What is a Health and Wellness Program?

Productivity

Cost of Health Care

Costs of Absenteeism

Case Study

### **Session Three: Types of Health and Wellness Programs**

Health Behaviors

Health Screenings and Maintenance

Mental Health

Physical Injuries

Case Study

### **Session Four: Health Behavior Programs**

Increasing Physical Activity

Nutrition & Weight Loss

Tobacco Cessation

Substance Abuse Treatment

Case Study

### **Session Five: Health Screenings and Maintenance Programs**

Preventative Care Screenings

Cancer Screenings

Annual Examinations

Maintenance Programs

Case Study

### **Session Six: Mental Health Programs**

Stress Management

Support Groups

Counseling

Awareness & Education

Case Study

### **Session Seven: Evaluate the Need**

Review Current and Previous Programs

Environmental Factors

Identify Common Health Conditions and Procedures

Review Company Information Pertaining to Employee Health

Case Study

### **Session Eight: Planning Process**

Form a Health and Wellness Team or Committee

Define Goals

Budget

Programs and Policies

Case Study

### **Session Nine: Implementation**

Get Management Support

Test It Out

Get the Word Out

Incentives

Case Study

### **Session Ten: Create a "Culture of Wellness"**

Accessible Healthy Eating Options

Give Them a Break

Alcohol, Drug, and Smoke-Free Work Environment

Eliminate Hazards

Case Study

### **Session Eleven: Evaluate Results**

Check the Results

Employee Satisfaction

Revise Plans as Necessary

Share Achievements

Case Study

## **Session Twelve: Wrapping Up**

Words from the Wise