

Wellness and the Great Awakening:

It's Not Just a Buzzword Anymore

1. A Wellness Program is critical to maintaining a healthy workforce.
2. Defining well-being can help identify areas where a business can provide support for its team.
3. The benefits of a wellness program are measurable and far outweigh the costs of creating and maintaining such a program.
4. An individual's path to wellness requires a holistic approach which incorporates various aspects of one's life to craft a sustainable and healthy work-life balance.
5. A business' approach to wellness is unique to the team involved but ideally will promote the culture and values of that business.

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