

## Health and Wellness at Work Workshop

### Course Duration 1 Day

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.

### Course Objectives

At the end of the course participants will be able to:

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

### Course Outline

#### Definition of a Health and Wellness Program

What is a Health and Wellness Program?  
Productivity  
Cost of Health Care  
Costs of Absenteeism

#### Types of Health and Wellness Programs

Health Behaviours  
Health Screenings and Maintenance  
Mental Health  
Physical Injuries

#### Health Behaviour Programs

Increasing Physical Activity  
Nutrition & Weight Loss  
Tobacco Cessation  
Substance Abuse Treatment

#### Health Screenings and Maintenance Programs

Preventative Care  
Screenings  
Cancer Screenings

Annual Examinations  
Maintenance Programs

#### Mental Health Programs

Stress Management  
Support Groups  
Counselling  
Awareness & Education

#### Evaluate the Need

Review Current and Previous Programs  
Environmental Factors  
Identify Common Health Conditions and Procedures  
Review Company Information Pertaining to Employee Health

#### Planning Process

Form a Health and Wellness Team or Committee  
Define Goals  
Budget  
Programs and Policies

#### Implementation

Get Management Support  
Test It Out  
Get the Word Out  
Incentives

#### Create a “Culture of Wellness”

Accessible Healthy Eating Options  
Give Them a Break  
Alcohol, Drug, and Smoke-Free Work Environment  
Eliminate Hazards

#### Evaluate Results

Check the Results  
Employee Satisfaction  
Revise Plans as Necessary  
Share Achievements