

On average, Americans working full-time spend more than one-third of their day, five days per week at the workplace.



CONNECT TO Wellness

District 2- PH

The use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers.

WHAT IS IT?

A free, sustainable, evidence-based workplace wellness program for employees of small to mid-size businesses who might not otherwise have access to one.



HOW?

Expert consultation

comprehensive assessment of your current health and wellness practices.

Detailed recommendations

Review recommendations report and choose strategies for improvements that you want to integrate into your existing workplace practices.

Free online Access to health and wellness toolkits that include flyers, policy and communication templates etc.

Technical assistance, resources, and turnkey solutions tailored to your needs.

THE PROCESS

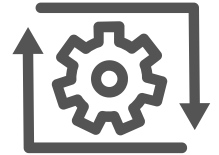
Two Meetings (30- 60 min)

Assessment Meeting:

- Learn what you are already doing
- Identify gaps

Recommendations Meeting:

- Review recommendations report
- Prioritize areas to focus for you and your organization
- Set up an implementation plan.



YOU ARE READY FOR IMPLEMENTATION

- Free online access to toolkits & resources
- Free technical support and guidance/monthly check-ins
- Assessment at the end of 1 year
- Organization continues to have access to online resources to continue their work place wellness efforts



Show your employees and the community your commitment to their health and well-being by building a healthier workplace that is tailored to the needs and desires of your employees.

Learn more:



770-535-5885



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www.phdistrict2.org/chronic-disease-prevention/

