

Update on Wellness Program Benefits

Dear Employees,

We are excited to provide you with an update regarding our Wellness Program. As part of our ongoing commitment to your health and well-being, we have enhanced several benefits to better support your wellness journey.

New Benefits:

- **Increased Gym Subsidy:** We have increased the monthly gym subsidy to \$50 to encourage you to stay active.
- **Nutrition Workshops:** Monthly workshops featuring nutrition experts will be available starting next month.
- **Mental Health Days:** Employees can now take up to 2 additional paid days off specifically for mental health purposes.

We believe that these enhancements will provide you with additional resources to prioritize your health. For further details, please refer to our [wellness program page](#).

Thank you for your continued dedication to a healthier lifestyle!

Best regards,
Your Wellness Program Team