

Employee Wellness Program Guidelines

Dear Employees,

We are excited to introduce our Employee Wellness Program designed to promote health and well-being in the workplace. Below are the guidelines to help you make the most of this initiative:

Program Objectives

- Promote physical fitness and healthy lifestyle choices.
- Enhance mental well-being and stress management.
- Encourage work-life balance.

Eligibility

All full-time and part-time employees are eligible to participate in the wellness program.

Program Components

- **Fitness Classes:** Yoga, Zumba, and more.
- **Nutritional Workshops:** Healthy eating tips and meal planning.
- **Mental Health Support:** Access to counseling services.

How to Participate

To join any of the program activities, please register through the employee portal or contact HR.

Incentives

Participants will have the opportunity to earn rewards for involvement, including wellness points redeemable for gifts.

Thank you for being a part of our wellness journey. Together, we can create a healthier work environment!

Sincerely,
The Wellness Committee