

# Quarterly Wellness Update

Dear Team,

As part of our commitment to your health and well-being, we are excited to share our quarterly wellness update. Here are some highlights and upcoming initiatives:

## Wellness Programs

- Monthly yoga sessions every Wednesday at 5 PM in the wellness room.
- Nutrition workshops on the last Friday of each month.
- Fitness challenges starting next month - sign up details to follow!

## Health Screenings

We will be offering free health screenings on June 10th. Please keep an eye out for the sign-up sheet.

## Employee Assistance Program

Remember, our Employee Assistance Program is available 24/7 for any personal or professional challenges you may be facing.

Thank you for your continued commitment to a healthier workplace. We look forward to seeing you at our upcoming events!

Best Regards,

Your Wellness Team