

Employee Wellness Program Update

Dear Employees,

We are excited to share the latest updates on our Employee Wellness Programs. Your health and well-being remain our top priority, and we continuously strive to offer resources that support your needs.

New Offerings:

- Weekly Yoga Classes - Starting next month, every Wednesday at 5 PM.
- Nutrition Workshops - Monthly sessions with a certified nutritionist.
- Mental Health Days - Additional paid days off for mental health support.

Ongoing Initiatives:

- Fitness Challenges - Join our quarterly challenges and win exciting prizes!
- Employee Assistance Program - Confidential support for personal and professional challenges.

We encourage everyone to take advantage of these programs and make your well-being a priority. Thank you for being a valuable part of our team.

Sincerely,

The Wellness Committee