

Health and Wellness at Work

Course Overview

Our Health and Wellness at Work course will be instrumental in creating a “Culture of Wellness” within your organization. Your participants will touch on common issues such as smoking cessation, nutrition, weight loss, and preventative care. Health and Wellness is the responsibility of everyone in an organization so take the positive step and create a program within your organization.

Module 01 – Getting Started

Module 02 – Definition of a Health and Wellness Program

Module 03 – Types of Health and Wellness Programs

Module 04 – Health Behavior Programs

Module 05 – Health Screenings and Maintenance Programs

Module 06 – Mental Health Programs

Module 07 – Evaluate the Need

Module 08 – Planning Process

Module 09 – Implementation

Module 10 – Create a “Culture of Wellness”

Module 11 – Evaluate Results

Module 12 – Wrapping Up