



# PARTNER FOR HEALTHY LIVING

## WORKSITE WELLNESS

The Y Worksite Wellness Program works with organizations large and small. Our knowledgeable staff creates programs based on the unique needs of your business, whether it be coming to us or us coming to you. Our programming aims to not just benefit the organization, but the employees and families involved in it.

### WHAT WE OFFER

- ✓ Lunch & Learn nutrition sessions
- ✓ Cooking Classes
- ✓ On-site fitness classes
- ✓ Consultation with wellness staff
- ✓ Wellness challenges
- ✓ Resource development
- ✓ Program Design

### BENEFITS OF MEMBERSHIP

- ✓ Full access to Tri-Cities Family YMCA and Nationwide Membership at Ys across the nation
- ✓ Over 50 FREE group exercise classes
- ✓ FREE Jump Start Program
- ✓ 25 meter pool, HD Cardio Theater & Weightroom
- ✓ Reduced program fees on YMCA programs, including sports, camp, swim lessons, and more
- ✓ CrossFit Program
- ✓ Child Watch

# YMCA WORKSITE WELLNESS



Time is cited as a top barrier to living a healthy lifestyle. Offering learning opportunities in the workplace lessens this excuse. Our offerings aim to provide content that maximizes the benefits for the employee and family in a time-conscious manner.



More than 75% of healthcare spending is for those with chronic diseases, including heart disease, stroke, cancer, diabetes, & dementia. Empowering people to lead a healthy lifestyle can greatly reduce these risks.



Our wellness team creates custom programs based on organizational and member needs with available resources like nutrition and healthy cooking classes, on-site fitness programs, lunch & learn sessions and wellness challenges.



We believe in creating value in your business that extends beyond the bottom line. Our flexible approach to wellness integrates easily into existing workplace culture.



*"For Shape, wellness isn't just about tackling the burden of health care costs, it's a way to contribute positively to the health and well-being of our associates. Partnering with the YMCA to offer onsite wellness classes has greatly enhanced our wellness program. The classes are engaging, informative and realistic; attendees leave looking forward to the next class."*

-Holly Severance  
Wellness Manager, Shape Family Wellness

If your company is interested in learning more about joining the YMCA's Worksite Wellness program, email [erica.phelps@tcfymca.org](mailto:erica.phelps@tcfymca.org), visit [www.tcfymca.org](http://www.tcfymca.org) or call us at 616-842-7051