

Five Steps to Wellness

A quick-start approach to introducing healthier habits in your organization

If you haven't found time start a wellness program or if you're not sure that implementing a wellness initiative is right for your organization, this five-part program is right for you.

Led by Cornerstone's Wellness Director Leah Hammel, Five Steps to Wellness will introduce wellness to your organization at no cost and will gauge interest in a more robust well-being initiative.

1

How can we eat healthy on a busy schedule?

Lunch and Learn, Nutrition in the Workplace

2

How much sugar is actually in our vending machine?

Sugar Cube Presentation and Consultations

3

Is it possible to be productive and stress-free?

Lunch and Learn, Stress Reduction

4

What is the best way to be active behind a desk?

Desk Ergonomics, Video Distribution and Posture Posters

5

What wellness activities do you have in mind?

Build-your-own wellness activity based on your needs

Five Steps to Wellness Wrap-up -- Employee Survey

Ready to get started?

Contact Leah Hammel today!
(314) 373-2916

LeahH@cornerstoneinsurancegroup.com

