

# 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!  
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