

GOOD HEALTH S "The best investment your business could make." CORPORATE WELLNESS PROGRAM

The Y's Corporate Partnership program does more than provide membership cards. Create a partnership in well-being and provide a plan that offers a healthier workplace environment. By connecting with the Y, employees receive personalized service supporting them on their journey in getting active as they become engaged in a healthier lifestyle.

Ask how the Y can generate a wellness program tailored to your company's specific needs. Increase employee productivity, reduce absenteeism and help lower insurance claims by designing on-site programming that can include:

- Corporate Membership Discount at the Y Including a FREE Week at the Y to Start
- On-Site Exercise Classes
- On-Site Health Education
- On-Site Blood Pressure Screenings
- Fitness Assessments
- Corporate Events such as Family Events, Sports Teams and Team Building Activities

