



GOOD HEALTH IS GOOD BUSINESS

Workplace Wellness Program

Increase employee productivity, reduce absenteeism, and help lower insurance claims by designing on-site programming that can include this and more:

The Y can generate a wellness program tailored to your company's specific needs!

- Nutrition Counseling
- On-Site Group Fitness Classes
- Employee Education
- Personal Training
- Membership Match Incentive
(Y Matches 50% up to \$10 per month)



Join Us Today!

The Y.™
For a better us.™

Workplace Wellness is a great benefit and can help you recruit new talent! Contact Julie Smith at juliesmith@oshkoshymca.org to get started today!

To learn more about Workplace Wellness, visit:
OSHKOSH COMMUNITY YMCA | www.oshkoshymca.org