

Objective #2

Health and Wellness education for employees and their families.

- *Create an annual plan to promote health education in both presentation sessions and written information.*
 - *Provide sessions similar to “Lunch and Learns” but at the time of day that works best for schedules*
 - *Weekly Health Hints*
- *Provide tools to promote physical activity, healthy eating and spiritual guidance for example.*
- *Reference www.mywheaton.org for on line tools and resources including a comprehensive Health Library.*
- *Health education display boards can be utilized for set up in cafeterias and/or break room areas, or for health fairs.*