

Health and Wellness Programs

courtesy of MidState Medical Center

EMPLOYEES SPEND APPROXIMATELY 36 PERCENT OF THEIR TOTAL WAKING HOURS AT WORK. MORE AND MORE EMPLOYEES ARE BECOMING OVERWEIGHT FROM POOR EATING HABITS AND PHYSICAL INACTIVITY LEADING TO AN INCREASE IN CHRONIC CONDITIONS SUCH AS DIABETES, HEART DISEASE, STROKE, AND CANCER.

Teaching these employees how to make lifestyle changes to enhance their health and well-being will result in better morale, reduced absenteeism and increased productivity at work.

MidState Medical Center physicians and clinicians can provide a series of wellness programs to your employees free of charge on topics such as:

- Weight management
 - Nutrition
 - Heart disease
 - Stroke
 - Diabetes
 - Stress Reduction
 - Complementary therapies
 - Flu vaccinations and screenings
- And much more*



PROGRAMS ARE SCHEDULED AT THE CONVENIENCE OF YOUR EMPLOYEES, TYPICALLY DURING WELL ATTENDED LUNCH AND LEARN SESSIONS.

To learn more about our health and wellness programs, contact Pam Cretella at 203 694 8732