

PATH TO WELLNESS:

8 WEEKS TO A HEALTHIER WORKFORCE

Invest in your employees. Transform your workplace. Thrive together.

National EAP's Path to Wellness 8-week program is designed to help organizations create healthier, more engaged, and more productive teams. Through a blend of live interactive training and personalized check-ins, employees will gain tools to achieve balance across the **8 Dimensions of Wellness:** physical, emotional, social, intellectual, occupational, environmental, spiritual, and financial.

Program Highlights

- **Personalized Well Checks:** One-on-one virtual wellness check-ins with an EAP counselor to set meaningful goals and access strategies for success.
- **Weekly Live Training:** 60-minute interactive sessions covering a different wellness pillar each week.
- **Practical Resources:** Handouts, digital tools, and recordings (accessible for 30-days) for lasting impact.
- **Customizable Schedule:** Choose program dates that align with your fiscal year, wellness funds, or holiday initiatives.
- **White-Label Option:** Deliver the program under your company's branding, while National EAP handles the behind-the-scenes content and delivers the program.

Plan ahead, make wellness a core part of your company culture.

EMPLOYER BENEFITS

- Boost employee well-being and resilience
- Increase engagement and productivity
- Reduce absenteeism and healthcare costs
- Strengthen workplace culture and retention

EMPLOYER INVESTMENT

Use Your Organization Wellness Dollars, making it a cost-effective way to maximize your existing benefits investment while prioritizing employee health.

Contact Us to Set Up Your Path to Wellness

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