

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

Contact Julie Prisco,
Vice President of Client Success
631-588-8102 x 22
julieprisco@nationaleap.com

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Program Includes

Personalized Wellness Check-ins

- **Duration:** 10 hours over 8 weeks
- **Format:** One-on-one virtual wellness check-ins (20 minutes per participant)
- **Capacity:** Up to 30 participants; additional blocks of 10 people available
- **Focus:**
  - Assess current wellness status
  - Set personalized wellness goals
  - Access resources and strategies for success

Handouts & Resources

- Digital materials provided after each session to reinforce learning
- Practical tools for immediate implementation

Live Virtual Wellness Training Sessions

- **Duration:** 8 weeks, weekly 60-minute sessions
- **Format:** Live, interactive virtual sessions
- **Content:** Each week focuses on a different wellness pillar:
  - **Physical:** Exercise, nutrition, and sleep
  - **Emotional:** Stress management, mindfulness, and emotional intelligence
  - **Social:** Building and maintaining healthy relationships
  - **Intellectual:** Lifelong learning and mental stimulation
  - **Occupational:** Work-life balance and career satisfaction
  - **Environmental:** Creating a healthy living and working environment
  - **Spiritual:** Finding purpose and meaning in life
  - **Financial:** Managing finances and planning for the future

Invest in your employees' well-being and watch your organization thrive! Join us on this transformative 8-week journey to create a healthier, happier, and more productive workplace.

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