



Workplace Wellness

Select Your Learning Style

Facilitator-led 2 Day Program (Classroom)

OR

eLearning format (Self-paced)

Please refer to Pricing Page for cost per participant

Whether you are creating a workplace wellness program from scratch, or enhancing what you already have, you're already on the right track! With increasing costs of health care, a shrinking workforce, and aging workers, a savvy workplace understands the value in supporting workers to improve their conditioning and to live a fitter lifestyle. This course includes all aspects of designing or upgrading a program, from concept through implementation, to review.

What Will Participants Learn?

- ✓ Describe the necessity of workplace wellness programs
- ✓ Create program elements that reflect the needs of employees and the objectives of the organization
- ✓ Select program elements that fit the context of current operations
- ✓ Establish implementation and evaluation strategies

What Topics are Covered?

- ✓ The case for wellness
- ✓ Building the foundation
- ✓ Gathering support
- ✓ Gathering data
- ✓ Performing a needs analysis
- ✓ Key program elements
- ✓ In-depth case studies
- ✓ Implementing your workplace wellness program
- ✓ Reviewing the plan
- ✓ Evaluating and reporting results

What's Included in Your Learning Style?

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| <ul style="list-style-type: none">✓ Self-paced eLearning OR✓ Interactive class environment – Facilitator-Led | <ul style="list-style-type: none">✓ Specialized course materials and resources✓ Personalized certificate of completion |
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