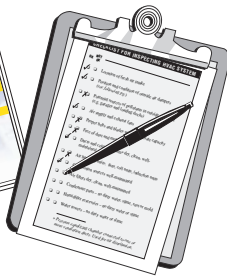
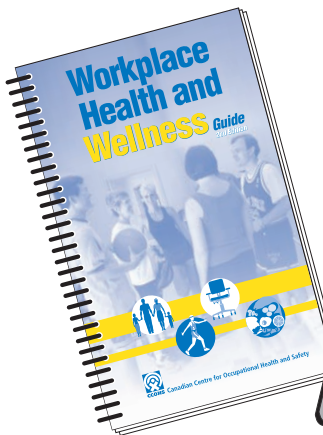
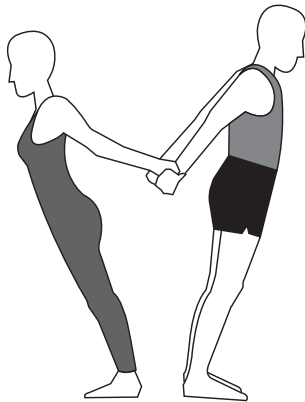


# Workplace Health and Wellness Guide

A guide providing practical steps and program suggestions for Workplace Health and Wellness. Create a wellness program or integrate one or more initiatives into your existing framework!



## Guide topics include:

- Work/Life Balance
- Workplace Stress
- Healthy Eating
- Active Living
- Scents
- Conflict Resolution
- Harassment
- Telework/Telecommuting
- Supporting Non-Smoking
- Safety
- Ergonomics

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