

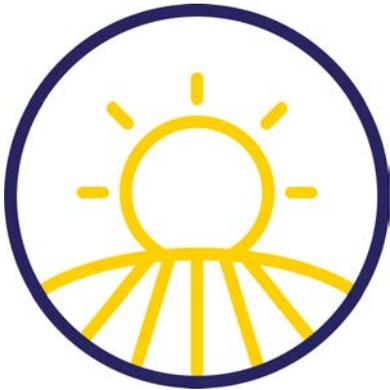


EHA Wellness

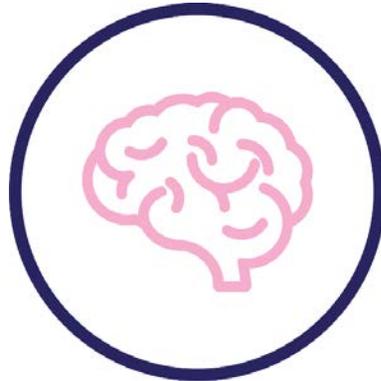
BCBS Bookkeeper Meetings

Spring 2018

The Six Dimensions of Wellness



Emotional



Intellectual



Occupational



Physical



Social



Spiritual



The Six Dimensions of Wellness





WHAT IF
ALL YOU
BROUGHT WAS
YOUR FULL
ATTENTION?



“I lost 45lbs prior to this program and never have I felt so good. I never want that weight back again. I wish I could help someone achieve this feeling. It's been one year and still receiving compliments. Programs like this one keeps me on track. I just want to scream and shout look at me! Please keep up this program. It has taken me 20 years to get this done. Your health survey got me thinking enough to start and succeed. Thank you.”

“I see a great change in my overall attitude toward life. Due to your wellness programs I have lost 50 pounds and of course feel better about everything I do!”

“I felt motivated to workout because of the program. I honestly wouldn't have worked out nearly as much if it weren't for the program! Thanks!”

“I tried to include my students in this as well. So many students are sitting all day long and it's not healthy!”

“It helps when others at work are doing the same thing.”

“'Love' your programs!!! I miss them on the days when I cannot or do not do them (because of sickness, etc.) Such an awesome program - thanks!!! Even got my grown kids into exercising for life!”

“Such a powerful program...love :)”

The EHA Wellness Program

For more information about the EHA Wellness Program...

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