

Wellness Ideas to Engage Employees

Physical	Social	Financial	Community	Career	Emotional
Walking club/meetings	Social events	Financial counseling	Volunteer opportunities	Continued learning opportunities	Stress management classes
Healthy vending options	Recognition	Tuition reimbursement/continuing education	Corporate partnerships	Leadership walks	EAP (Employee Assistance Programs)
Healthy meeting policies	Team activities	Retirement savings	Participation in community events	Goal and development surveys	Yoga
Exercise at work space	Potlucks	Financial education	Local purchasing policies	Mentoring	Meditation Rooms
Smoke free campus	Break rooms as gathering space	Commute solutions	Coordinate a Farmer's Market at work	Job Shadowing	Anti-stigma campaigns
Fun & Healthy challenges	Pau hana with co-workers		Company fundraisers to donate to an organization		Massage Therapy at work
Health education classes/webinars	Create social or hobby groups				