

PRIORITIZING YOUR WELLNESS



Prioritizing *Your Wellness*

Give employees time for wellness

Healthy and productive employees are essential for a successful business. Busy schedules, both personally and professionally, make it hard for employees to focus on wellness.

With the “Prioritizing Your Wellness” program, Prevea’s time-management experts guide your employees through an in-depth look at individual schedules and how to best maximize time for personal wellness goals.

Help your employees prioritize their wellness by contacting Prevea Corporate Health & Wellness at **(920) 431-1999**.

Group classes *focus on:*

- Assessment of potential time barriers
- Development of personal priorities
- An in-depth look at employees’ personal schedule to identify areas for improvement
- Tools to schedule, prioritize and plan for more efficient days including a focus on meeting wellness goals

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