

# Workplace Wellness Program

Centre Workplace Wellness



# Vitality of Workplace Wellness

With healthcare costs continuously rising, it has never been more important to implement a workplace wellness program. With the push to do more for less, keeping your employees healthy to keep insurance rates down is becoming more and more imperative. By partnering with The New Richmond Area Centre's Workplace Wellness Program, we can help you!

**We work closely with each business to understand their wellness needs and then develop a health and wellness program that fits right in.**

We want to create a solid wellness program that fits into your company's culture in order to keep employees engaged and motivated. Would your employees benefit from a stretching class before strenuous work? We can provide that! Would your employees like to learn more about health and wellness at an informative session during lunch? We can do that, and much more! Our program has many attractive components that will increase employee retention, decrease absenteeism, and help everyone be more productive and satisfied.

**We know that wellness is much more than just being physically active and having a healthy diet.**

We offer a range of different programs to get the whole family involved in the fun! We also understand the importance of socialization and developing relationships between community members and The Centre is a great place for that.

When you are ready to develop, or expand your current wellness program we are ready to help! Together we can make a great program that works for you and your employees.



## Meeting the Need

The Centre offers a variety of programs to fit your business needs. A select few items are covered at no cost under the joiner's fee and then we offer additional items in order to tailor the program to you.

## Included in Workplace Wellness

Included in your workplace wellness membership with The Centre is a Free Week for the employees of your company. We encourage everyone to come to The Centre and get to know our facility a little better. If your employees decide to get a membership during that week then their Get Going Fee (a \$50 value) will be waived. Also included in the membership is a wellness needs and interest survey to see what your employees are looking for in a program, employee attendance tracking, monthly meetings with your company wellness leaders, and a wellness tip sent via email to your wellness coordinator weekly.

## Fitness Your Way

The Centre offers a ton of different ways that your employees can get into shape and feel healthier.

**Group Fitness** Regardless of whether your employees are Centre members or not, we can offer them group fitness classes through your employee wellness program. You choose the class and our experienced team of trainers will be happy to provide it either on-site or at the Centre as an exclusive class for your employees only.

**Health Screenings and Fitness Assessments** We offer pre and post assessments so that your employees know where they stand and if they have reached their goals.

**Additional fitness options such as personal training, fitness center access, and 70+ group fitness classes are available with a Centre membership.**





# Wellness in the Workplace

Not only does The Centre offer fitness options for your employees to get into shape, we also offer options in other areas of wellness.

**Exclusive Wellness Incentive Programs** As a partner with The Centre's Workplace Wellness Program, you will get the option to receive wellness challenges for your employees to participate in that are designed to meet their specific needs and interests.

**Lunch and Learns** The Centre reaches out to experts in the area to provide a wellness related informational session to your employees over their lunch period. These sessions provide employees with an insight on how to improve things such as their nutrition, lifestyle, become less stressed, and much more (the possibilities are endless).

**Wellness Newsletter** This is provided on a bi-monthly basis to keep your employees up to date on the newest trends in the health and wellness industry and gives them tips on how to live a healthier lifestyle.

**Points based wellness program** We will help you develop a points based incentive program for your employees to try to achieve greater health. The more points your employees collect, the better their rewards! This program is designed specifically for your company based on your wants and needs.

## Strategies for Success

**Support. Variety. Expertise. Value.**

The benefits of an employee wellness program for your company are extensive and we are here to help you achieve your goals and have a success in your program. With our expertise and willingness to work with your company on a program to fit your specific needs your employees will be happier, healthier, and more productive!



## What Makes Us Different?

Besides our ability to cater to your program needs, the Centre offers a variety of different programs that sets us apart from our competitors.

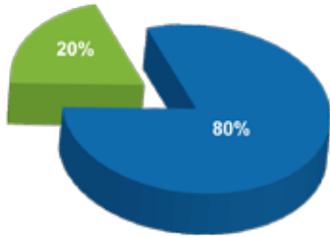
**The Centre is a place where the whole family can be well! We offer a variety of programs for children, teens, and adults. We work to develop a sense of belonging for our members and try to have programs available for each person that walks through our doors.**

For adults we offer 70 different group fitness classes both on land and in the water! These fitness classes are taught by our certified instructors and also include a few Les Mills classes. We also offer drop off child care so that you can work out worry free while we watch your children. Another option we have for both adults and kids is called Kids Night In. Parents drop their kids off at The Centre for a night of activities which gives them a night kid free!

For teens and children we have a variety of programs that we offer throughout the year. We have many youth sports leagues, music makers, princess ball, science in the kitchen, outdoor art, youth summer mini-camp, youth art, music, and movement, youth cooking, and more!

We offer a few family focused events as well. We have events that include: family movie night, Daddy Daughter Sweetheart Dance, Mothers and Son Jingle Bell Rock, Family cooking nights and much more!

# How Much are Unhealthy Employees Costing You?



**80%** of Americans work in jobs that require little or no physical activity

Each year, poor health costs the US economy **\$576 Billion**

**51%** of participants say they **work harder and perform better** when offered a wellness program

**80%** of workers say their **job is stressful**



Workplaces with wellness programs see

**25%** reduction in absenteeism and sick leave

**25%** reduction in health costs

**32%** reduction in compensation and disability costs

## How Do You **Get Started?**

1. Contact Kayla Bertram to get more information.  
kbertram@nracentre.com  
715-243-0843
2. We help you determine what programs you want to offer in your Workplace Wellness Program.
3. Promote the program to your employees with our help.
4. Get your employees involved at the Centre to help them maintain a healthy lifestyle and for greater discounts on your program!

# A Centre Membership Has It's Benefits

There are quite a few perks for your employees becoming Centre Members, both for your business and for themselves.

The perks for your business of having your employees become Centre Members is that you get discounts on wellness programs. The more of your employees that are members, the bigger of a discount that you get on programs!

Centre membership includes:

- Access to fitness center, personal training, gymnasium, and pool
- Free fitness consultations and orientations
- Free group fitness classes both on land and in the water
- Kids Kove (drop off child care while you work out)
- Special member discounts for swim lessons, youth sports, and a variety of other programs
- Free Guest Passes (4 per year with each membership)
- Chance to belong and contribute to your community Centre

## About the Centre

**Core Purpose** Creating the Experience

The Experience is defined as creating a place (beyond the facility) where each person (member or not) is warmly greeted as a favored grandchild or trusted friend. People come because they feel they are an essential part of the community of friends with common interests. Employees have a passion about their area of expertise with mutual respect for the importance and contributions of others. Facilities support the activities of The Centre but do not limit the range and impact on lives. In all it does, the Centre promotes Health, Fitness, and Fun for all ages: the catalyst that drives a healthy community. We want every person to look forward to coming and leave happy that they have been here.

### Core Values

**Relationships** We choose to share lives and believe that every member has a story. We are open to all.

**Health** We focus on healthy life choices and support people in reaching their potential.

**Integrity** We hold ourselves accountable to our members, community and each other.

**Sustainability** As a non-profit, we are committed to developing a sustainable resource engine to power our future.



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