

# Employee Wellness Experiences



## The Goal



**Help Employees succeed with engaging and informative experiences to teach holistic wellness, healthy eating, and the crucial role of mental health in overall well being.**



# Our Reality

## U.S. Surgeon General issues a **WARNING:** Modern Workplaces are **MAKING US SICK.**

Employers have a duty and responsibility to care for their people. U.S. Surgeon General provides employers a **Workplace Mental Health & Well-Being Framework.**

- **Less than 3%** of Americans live a healthy lifestyle.
- Employees with an unhealthy diet report a **67% loss in productivity.**

### Five Essentials for Workplace Mental Health & Well-Being



## The Value



# When Employers Make Wellness their Business, Everyone Wins

When organizations focus on employee wellness as a business practice, not a one-off thing, the data shows it is worth the company's investment.

**27%**

Reduction in  
**Sick Leave  
Absenteeism**

**26%**

Reduction in  
**Healthcare Costs**

**89%**

Improvements in  
**Happiness &  
Wellbeing**



**12%**

Reduction in  
**Work-Related Stress**

**45%**

Increase in  
**Employee Retention**

**67%**

Increase in  
**Company Engagement,  
Mission, & Goals**

Sources:  
American Journal of Health Promotion Report  
A Study by the Economist Intelligence Unit & Humana  
Principle Financial Well-Being Index



## Teaching Employees to Live Healthy and Prioritize Well-Being

### > Educational Experiences

Dr. Lauren will provide insights into the connection between food and overall well-being and can also have an additional focus on mental health.

This segment aims to:

- Equip participants with valuable information
- Empower them to make informed decisions about their nutrition and lifestyle choices.

### > Cooking Experiences

During the cooking demonstration, participants will:

- Prepare a nutritious and delicious meal under the guidance of Dr. Lauren
- Enjoy a fun and easy cooking experience
- Build confidence and excitement around healthy eating

*A detailed ingredients and directions will be sent in advanced, to make this a smooth and easy process.*

## Other Services



# Healthier Employees = Reduced Healthcare Costs, Increased Productivity, & Long-Term Vitality & Happiness

## > Employee Experiences

Here are a few custom-tailored services we offer:

- Lunch and Learns
- Workshops, Seminars, Cooking Demonstrations
- Wellness, Executive, Leadership Retreat Sessions
- Other Custom-Tailored Experiences may be available

## > Ongoing Employee Support

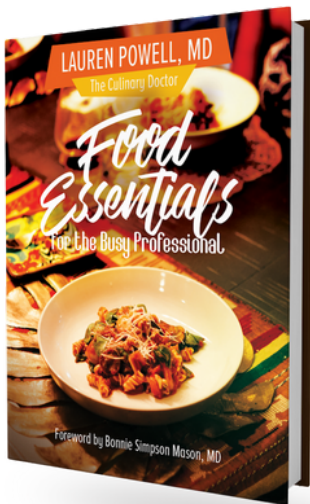
We provide ongoing support to ensure employees integrate healthier habits into their daily lives in a few different ways:

- Online Learning and Courses
- Monthly/Quarterly Challenges, Goals, and Contests
- Coaching Support - Q&As on a weekly or bi-weekly basis, tips and tricks for building new habits, personal support
- Long-Term Support - Year-long programs to meet the demands of your workplace that align with your organizations values and culture

# Meet Dr. Lauren Powell



- Integrates Nutrition into Busy, Modern People's Lives
- Advocate for Healthier Cultures
- Board Certified Physician
- The Food as Medicine Doc
- TV Personality & Host
- Speaker, Facilitator, Author



as seen on





# Questions?

Please reach out to our team with any questions. We look forward to being your partner in your employee wellness initiatives. It is an honor to be considered as a part of your journey.

*Purpose Driven Health & Wellness LLC*



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