

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.



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

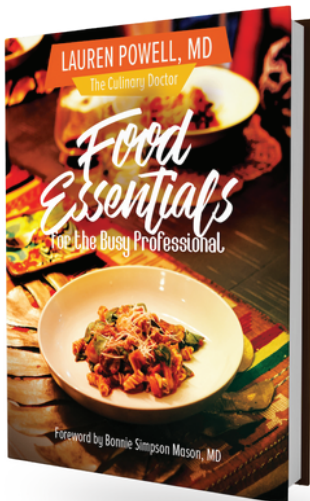
We provide ongoing support to ensure employees integrate healthier habits into their daily lives in a few different ways:

- 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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