

KGA WELLNESS DAYSM

FOR DEPARTMENTS, TEAMS AND WORK GROUPS

Has your department or work group been working extra hard lately? Are you looking for a way to reward a group of employees without losing valuable work time? Is it difficult to take people away for a day-long retreat?

The KGA Wellness DaysSM may be the answer! KGA will organize and staff a day of wellness. All you have to do is arrange two private offices or conference rooms for the day and circulate a sign up list for participants.

WHAT WILL THE DAY DO FOR YOU?

The day will provide a welcome respite to busy staff. Each person will get one hour to focus on his or her own health and wellness. Ninety days after the event, we will come back for another day of wellness, or simply re-distribute the health assessment to evaluate the impact of the program.

WHAT RESULTS SHOULD YOU EXPECT?

Everyone will relax and enjoy the personal attention of the program. We will also be looking for ROI from changes in modifiable health risk behaviors such as stress, fitness, and exercise. Any positive change in these behaviors is known to improve health and productivity.

WHAT HAPPENS DURING THE KGA WELLNESS DAYSM?

One room will be set up for chair massage with a licensed massage therapist. Participants will start in this room for a 20-minute neck and back massage. The employee will then quickly fill out the KGA *Five Minute HealthCheck*TM and have a chance to ask questions about their experience. When this portion is completed, the massage therapist will bring the employee to the second room.

The second room will be equipped with a CD player and a wellness coach. The coach will explain the three relaxation techniques that will be taught while listening to the KGA *Twelve Minute Relaxation Program*TM and point out the stress management tips inside the CD. After the employee experiences the CD, the wellness coach will allow for fifteen minutes of discussion related to the employee's experiences. Referrals to the EAP or other health resources may take place at this time. The CD is theirs to keep.

HOW DOES IT WORK?

Over the course of a day, up to fifteen participants can participate in the program. Since participants are engaged in the program for a short period of time, there is no negative impact on the business day.

For more information call KGA at 508.879.2093 or email info@kgreer.com.

KGA, INC.

EMPLOYEE ASSISTANCE, TRAINING AND WELLNESS

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