



Worksite Wellness Visits with Patricia Fortin, RN

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Purpose: Promote and provide an opportunity for a culture of wellness at the worksite by helping employees understand their health benefits, make informed choices and use benefits to increase overall wellness.

Promote healthy lifestyles through empowering individuals and groups with education materials, tools and skills to:

- 1) help healthy people stay healthy
- 2) help those at risk for developing a disease reduce their risks
- 3) help those with chronic conditions prevent them from getting worse

Options: The following options are available with our Worksite Wellness Nurse Educator, Patricia Fortin, RN at no cost:

- Worksite Wellness Sessions: Group Sessions and/or One-on-One sessions with employees
- Assistance setting up on-site activities such as: healthy cookbook, walking group, “Take the Stairs” campaign, co-worker wellness buddy system, “Wellness Days”, etc.
- On-Site Blood Pressure Screenings
- Assistance setting up flu shot clinics
- Tools and resources to promote understanding and manage health conditions, medication consideration and adherence, screenings, nutrition, and more

Topics: The following are possible topics for on-site sessions with employees:

- 5 Ways to Healthier Living
- Reading Food Labels
- Core Elements of Exercise
- Stress Management
- Goal Setting

For Further Info, Contact:

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