



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTNER FOR HEALTHY LIVING

Corporate Wellness Program

The YMCA Corporate Wellness Program is an investment in the well-being of your employees and your business.

The benefits of regular exercise can't be disputed. Exercise helps people be more productive, manage stress better and stay healthy, developing a more positive outlook at work and home.

The YMCA Corporate Wellness Program is a great way for companies to promote these benefits in their employees, and their families. Once a company becomes a Corporate Wellness Partner, their employees will be eligible for a one week trial membership.

Upon joining the Y, they will enjoy the many benefits membership offers, including free health and wellness orientation, discounted program fees and priority registration, free group fitness classes, volunteer opportunities and so much more.

Your partner in health.

Invest in your employees health and well-being by becoming a partner in the YMCA Corporate Wellness Program.

- Business partner provides their employees a monthly membership subsidy at a minimum of \$5 per month.
- The Y provides a matching program.
- The Y provides participating employee complimentary one week trial membership to their local Y.
- The Y will provide employees one annual complimentary service such as a "lunch & learn" at the employer worksite on a health/well-being topic of interest.
- The Y will have representation at your company Health Fair.
- The Y will provide access reports upon request.



Ready to join?

Simply contact your YMCA of the Fox Cities Corporate Wellness Representative listed below:

Sue Pawlowski
Community Relations Director
YMCA of the Fox Cities
E: spawlowski@ymcafoxcities.org
P: 920.886.2124
C: 920.209.5980
110 W. North Water St.
Neenah, WI 54956