

# BRENAU WELLNESS PROGRAM



Brenau’s Wellness Program, funded by Cigna, is designed to support healthy behavior in the workplace and to improve health outcomes. Our program includes activities during the year which relate to being “healthy,” whether it be physical health, mental health, financial health, emotional health, etc.

**Employees receive points for each activity or program in which they participate.** Those points are added to the Activity Tracker, maintained by Human Resources, and are used to determine recipients for periodic special awards. During the Open Enrollment meeting in November, a name will be drawn from those who have accumulated Activity Tracker points; the more points you accumulate, the greater chance you have of winning the **cash prize**. Tentative dates and activities for the current year are listed below.

## 2018 Wellness Events & Activities:



Event or Activity	Date	Points Awarded
Brenau Fitness Center (* each day)	January-December	1*
Weight Loss Challenge	January-March	3
Stress Management Workshop	February	1
Blood Drive Battle	February 7	1
Kickin’ It for Babies: March of Dimes Kickball	February 10	3
Self Defense Class	February 13	2
Dempsey Dash 5K	March 10	5
Walking Group (*each week)	March-December	1*
Scavenger Hunt- “Who Dunit, Clue Game”	April	2
Fit Company Challenge	May 5	8
No Tobacco Day	May	1
Heart Walk	September	2
Flu Shots	September	1
Self Defense Class	October	2
Kickin’ Cancer Kickball	October	3
Health Fair/Benefits Expo	November	1
Workshop: Financial Health	November	1

Keep an eye out for other events and activities coming soon: Weight Watchers, A Brenau Recipe Book, Movie Night, Cooking Contests, Employee Field Day, etc. Information will be posted in the Brenau Update.