



Healthy Employees, Healthy Business: Easy, Affordable Ways to Promote Workplace Wellness

Ilona Bray

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Healthy Employees, Healthy Business draws on the expertise of an advisory board of doctors, lawyers, benefits specialists, workplace wellness planners and other experts to offer struggling small business owners and managers the essential advice needed to implement a low-cost or even free wellness program for employees.

Clear, concise and filled with success stories from other workplaces, this book has the tools needed to start a wellness program immediately, resulting in increased productivity and potentially lower health insurance costs. Find out how to:

- . evaluate and target a workplace's main health concerns
- . develop fun, effective activities to improve employee health
- . boost morale through mutual support and competition
- . lower workplace stress
- . leverage community resources for minimal financial investment

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Josephine McIntire:

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