

## In 2021, you asked and we listened!



Over 90% of respondents said they loved:

### Webinars and virtual events



52 webinars held since 2022

- Covered topics like **student loans and retirement, asthma, burnout, grief, and menopause.**
- Introduced virtual courses like **Let's Bring the Sugar Down** and **Let's Bring the Pressure Down** to help you prevent and manage diabetes and hypertension.

Visit our [Upcoming Events page](#) to see this month's programs!

### Digital fitness classes



classes held since 2022

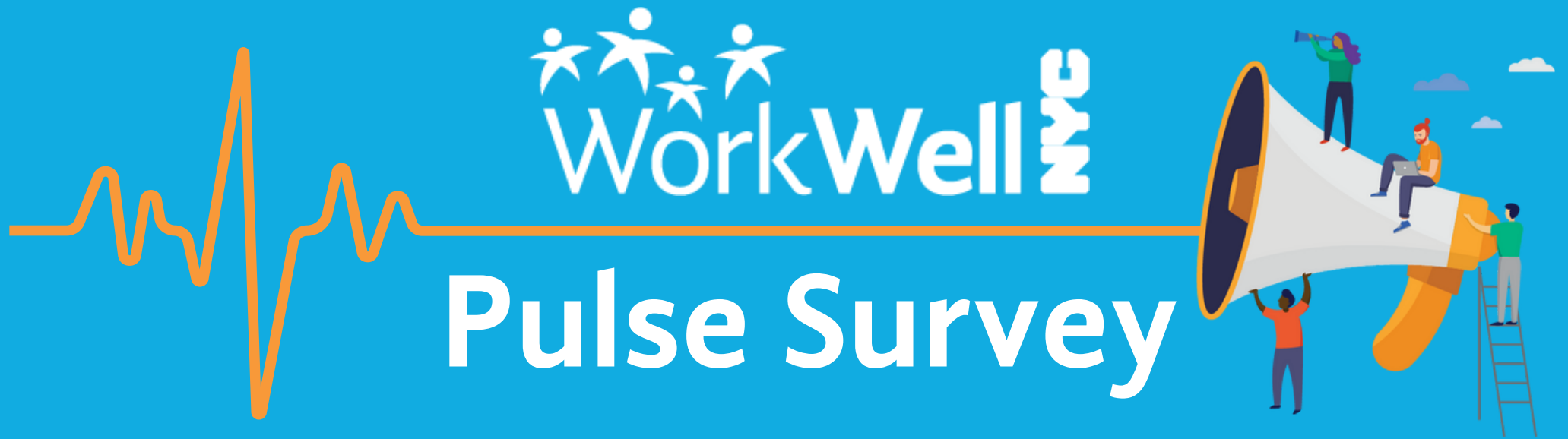
[Check out the current lineup here!](#)

### Flu shots



shots administered since 2022

[Learn more about free flu shots here!](#)



# You requested and we delivered!

## Convenient times



Early morning and late evening digital fitness classes to fit your schedule.



Walking, hydration, healthy eating, and gratitude challenges to pump up your wellness, anytime and anywhere.

## On-demand content



Social media content on Instagram and LinkedIn for wellness tips that go where you do.



Recorded fitness classes, meditations, cooking demos, webinars and more, ready to watch on-demand.

last updated 01/24/2024