

Worksite Wellness

health screenings • massage • holistic education & wellness programs

A Division of Lourdes Wellness Center

Dear Prospective Client,

One of an employer's biggest challenges and largest expenses is employee health care. Because health care expenses are continuing to climb on a rapid upward spiral, more and more businesses, both large and small, are recognizing the importance of adopting healthy lifestyle habits at the workplace.

Simply stated, when employees are happy & healthy, health care costs are better contained, resulting in an improved bottom line.

The Lourdes Worksite Wellness Program has been providing worksite wellness strategies to all lines of business for over 15 years. From office to manufacturing to non-profit environments, our mission continues to care for and serve all communities by delivering wellness programs and services that encompass the mind, body, and spirit.

Our holistic approach provides individuals with effective & realistic tools to make positive changes in all areas of health. Our caring and talented staff of health educators, massage practitioners, lifestyle coaches, fitness instructors, hypnotherapists, acupuncturists, and holistic nutrition counselors can deliver wellness opportunities that make the most sense for your organization.

Because one size does not fit all, we will help customize and design a program that is best suited for your company's population and blends with your organization's unique culture and vision.

We believe that a comprehensive wellness program requires health awareness, risk identification, customized intervention, and measurement of outcomes to be successful. Partnering with the team at Lourdes Worksite Wellness will help move your organization in the right direction towards a healthier & more productive workforce.

After you have reviewed our list of services, please call 856-869-3133 to set up a time for a free consultation.

Thank you for considering Lourdes Worksite Wellness. We look forward to a successful partnership!

Yours in Health,

Tina Ermert Bortner

Tina Ermert Bortner, BA, ACE
Community Health Educator
Worksite Wellness Coordinator

LOURDES WORKSITE WELLNESS

A Division of Lourdes Wellness Center

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