



Health and Wellness

Start Date: 6/16/2021 8:00 AM

End Date: 6/16/2021 10:00 AM

From Wellness to Well-Being

Changing the conversation from counting steps to a more holistic, employee-centric approach

Tim Sorge and Erin Buchanan - Mercer

Wednesday, June 16th 2021

8:00am - 10:00am

****THIS IS A VIRTUAL MEETING VIA ZOOM****

This session will highlight how employer wellness programs continue to evolve and how the conversation for employers is changing to allow a more holistic approach encompassing all aspects of employee well-being (physical, emotional, mental, behavioral, financial, etc)

By the end of this session, participants will:

- The foundational pillars of a holistic wellness program
- How optimal well-being programs are linked to lower healthcare costs, high levels of organizational engagement and lower employee turnover
- Emerging trends in holistic wellness program planning