

Health and Wellness Program into the workplace

Whether you are creating a workplace wellness program from scratch, or enhancing what you already have, you're already on the right track! With increasing costs of health care, a shrinking workforce, and aging workers, a savvy workplace understands the value in supporting workers to improve their conditioning and to live a fitter lifestyle. This course includes all aspects of designing or upgrading a program, from concept through implementation, to review.

What Will Students Learn?

- ✓ Describe the necessity of workplace wellness programs
- ✓ Create program elements that reflect the needs of employees and the objectives of the organization
- ✓ Select program elements that fit the context of current operations
- ✓ Establish implementation and evaluation strategies

What Topics are Covered?

- ✓ The case for wellness
- ✓ Building the foundation
- ✓ Gathering support
- ✓ Gathering data
- ✓ Performing a needs analysis
- ✓ Key program elements
- ✓ In-depth case studies
- ✓ Implementing your workplace wellness program
- ✓ Reviewing the plan
- ✓ Evaluating and reporting results

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ Certificate of completion

Pre-Registration Information

Yes! I would like to attend the short course :**Health and Wellness into the workplace!** Sign me up for the following session:

- 310 Oak Avenue, NBS Building 3rd floor Randburg.**
- Accreditation : SETA : 12255
Bankseta : Bank-Corne180502

- All Training are from 8:30 a.m -2: 30 PM
- Cost: R 1300. Per person.
- Time frame to complete the training : 3 weeks

Banking Details

Account Name : Cornerstone Supreme

Account Number : 62653109283

Bank : FNB

Branch Code : 620

NB : WE CAN BE REACHED ON THE

0861961961 OR WHATSAPP :

0718374853



Stephane@cornerstonehr.co.za

www.cornerstonehr.co.za