

# Sequoia Hospital Employee Wellness Program

Your health and wellness are important to us. We support and encourage employees and their families to be the best they can be. We know that making small healthy choices every day can make a big difference in overall wellness.

Sequoia Hospital is dedicated to helping you on your wellness journey. We are providing opportunities, programs, and events to help meet your physical, emotional, social and spiritual needs.



## Physical:

- 15 minute walking maps/ wellness breaks\*
- Walking meetings
- AFIT functional test (50+)
- Virtual Fitness programs
- Wellness Connection e-newsletter

## Mental:

- Education offerings
- Wellness Connection e-newsletter
- Book Club\*
- Crossword puzzles\*
- Sudoku\*

## Emotional:

- EAP
- Wellness Connection e-newsletter
- Code Lavender\*
- Tea for the Soul
- Schwartz Rounds

## Spiritual:

- HeartMath
- Meditatehear App\*
- Tea for the Soul
- Reflective Pause
- Wellness Connection e-newsletter

*\*Coming Soon*