



Well@Work

Your Worksite Wellness Program...Coming to a Store Near You!

Well@Work is expanding! After launching the program with great success at Headquarters in 2006 and in 60 stores in 2009, your wellness program is expanding to all Price Chopper stores in 2010! Well@Work strives to offer interesting, practical, wellness information and programs to improve YOUR individual health and well-being.

Well@Work has implemented various health initiatives (like the Weight Loss Challenge and Step Up to the Challenge), developed program educational pieces (like a monthly wellness newsletter), improved the health behaviors of associates, and positively influenced the culture at Price Chopper. Look for our wellness program in your workplace this year! The program has also arranged corporate discounts at fitness facilities throughout our service area (in addition to the discounts available through the ChooseHealthy Discount Network).

Visit Well@Work's website on your **Intranet** to find a list of fitness discounts AND MORE!
www.golub.com/deptinfo/homepage/hr/wellness/Index.htm

