



Anoka-Ramsey Community College Wellness Program

The Wellness Works mission is to impact the health and well-being of employees by promoting healthful lifestyle choices within a work environment that encourages wellness.

Wellness Works Goals:

Provide programs, services, and educational opportunities that will:

- ◆ Educate employees on health and wellness to increase self-awareness, knowledge, and healthful choices.
- ◆ Create a working environment that supports a culture of practicing healthful behaviors.
- ◆ Motivate and empower employees to achieve and maintain healthful lifestyles.
- ◆ Reduce time lost from illness/injury and reduce on-the-job injuries.

Why Yoga at Work?

Yoga at work is a low-cost and innovative solution for companies wanting to reduce health care expenses, relieve workplace stress, and promote employee well-being. The performance of a business depends on the performance of its key assets — employees. Healthy employees are more productive.

Workplace Benefits:

- Improves concentration, and ability to multi-task;
- Reduces multiple costs of stress-related illnesses and absenteeism;
- Improves employee alertness, productivity, and ability to react more calmly in demanding situations;
- Relieves head/neck/back strain, carpal tunnel syndrome, insomnia, high blood pressure, and work-related injuries from repetitive motion and/or lifting and moving objects;
- Creates better customer service;
- Enhances employee attitude and outlook; and
- Promotes well-being in the workplace and reduces employee turnover.

Coon Rapids
Tuesdays
4:45—5:45 p.m.
Gym 108



Cambridge
Thursdays
4:45—5:45 p.m.
F105