Encouraging our employees to lead lives of wellness by encompassing all five elements of wellbeing.
ELEMENTS OF WELLBEING

According to *Wellbeing: The Five Essential Elements* by Tom Rath and Jim Harter, these elements are the currency of a life that matters and is filled with purpose. They represent five broad categories that are essential to most individuals when striving to live a well-rounded life.

- **Purpose**: Liking what you do each day and being motivated to achieve your goals.
- **Social**: Having supportive relationships and love in your life.
- **Financial**: Managing your economic life to reduce stress and increase security.
- **Community**: Liking where you live, feeling safe, and having pride in your community.
- **Physical**: Having good health and enough energy to get things done daily.

OUR WELLBEING MISSION

To encourage habits of wellness, increase awareness of factors and resources contributing to wellbeing, and inspire our employees to take responsibility for their own health. We encourage wellbeing by organizing committees and participating in events such as:

- **Purpose committee**
  - Lunch and Learns
  - Wellness Goals Board
  - Day of Caring
  - Committee Chair: Jessica Koenig

- **Fun committee**
  - Company Happy Hour
  - Kick Ball Tournament
  - Holiday Activities and Potluck
  - Committee Chair: Debbie Haus

- **Financial committee**
  - 401k Education
  - HSA and Fraud Education
  - Ergonomic Consult and Education
  - Committee Chair: Joseph Meunier

- **United Way committee**
  - Speed Volunteering
  - Salvation Army Food Serving
  - Food Shelf/Toy Donations
  - Committee Chair: Heather Hoskins

- **Just Do It committee**
  - Fresh Fruit Program
  - Let's Get Walking Contest
  - On-Site Massages
  - Committee Chair: Renee Theisen