

WellNews

Spring 2009

Creating a

*Culture
of
Wellness*

at

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Your Greatest Asset: Your Health...

You've heard the saying, "If you have your health, you have everything." Lately you might find it hard to buy into this concept if you're faced with losing your job or selling your prized collection just to pay the bills. But imagine how much more difficult it would be to deal with these situations if you were tackling chronic pain or a serious illness. When you are faced with stressful, life-altering situations, you need your health more than ever.

Everyone is being affected by our economy in some way. WellWorks is no exception. We're currently devising a plan to deal with our own major budget cut. Rather than retreating and ducking for cover, we're viewing this as an opportunity to assess, evaluate, and strengthen our program. While there will be upcoming changes to WellWorks, the changes will carry us through these tough economic times and better position us for the future.

Whatever changes may come our way, one thing remains a constant: we do care about you and your health. We want you to be the best, healthiest person you can be. Whether you need a good workout, a relaxing massage, or want to eat healthier, we're here for you.

So if you're still not buying into the notion of "If you have your health, you have everything" here's one you might like a little better, "Don't let financial stress knock you down: fight back. Protect your greatest asset--your health."

Be Well,
The Staff at WellWorks

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