Looking for a Wellness program?

One and Two point programs are available to you at no cost!

What programs are available?

Sit for 60 – Move for 3: a two point program that encourages moving for three minutes throughout the work day.

Take the Stairs – Another two point program that promotes taking the stairs rather than the elevator. *Ideal for locations with stairs.*

Vaccination Awareness – One or two point program that creates awareness for the flu vaccination and/or other vaccinations throughout the year.

What is included?

Posters, paystub stuffers, flyers, email reminders, Wellness Coordinator how to's, and program overviews.

For more information, please contact:
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NDPERS Wellness
building healthy members