

Hello team,

Three Pillars is committed to the wellbeing of all our employees. A key part of that commitment is our employee wellness initiative, “Three Pillars - A Healthier You.”

As we continue on that journey, this year we’ve adopted two focus areas: Mental and Physical Wellbeing. We feel it is important to invest in employee wellness programs that are FREE to you and help ensure you feel your best, both physically and mentally. We’re here to support you and make it easier for you, including learning, adopting new habits, and creating change where you want to. **We’re pleased to announce what we have in store for you this year!**



Mental Wellness

- These programs provide support and resources to deal with work-related and non-work-related stress, anxiety, and burnout.
- Stressful situations are unavoidable in any job, and we want to offer programs to help lower stress levels.

A year of free learning, workshops, and resources on a variety of mental health topics. **Watch for a separate piece in the mail with details.** We’ll have live offerings and opportunities to watch the recording.

Can’t wait to see you at these insightful programs!



Physical Wellness

- These programs incorporate elements such as exercising, insight into intuitive eating, and a focus on overall wellness; not just weight loss.
- Taking care of yourself physically can be a major factor of overall wellness.

The Wellness Connection - all employees are invited to enjoy complimentary membership at the Wellness Connection, our holistic fitness & wellness center. No matter where you are with your personal wellness or what your physical abilities or goals are, we support you.

and

Exclusively for employees on our health insurance:

Real Appeal - a year-long lifestyle program that uses clinically proven research and engaging online experiences to drive scalable disease prevention and lasting behavior change resulting in weight loss.

or

Weight Watchers - committed to providing the most effective, livable, and flexible weight-loss program. We are teaming up with WeightWatchers to offer free 3-month memberships to our team.

Ready to get started with a program to enhance your physical wellbeing? Contact us to receive information about next steps! EmployeeWellness@ThreePillars.org or x7131 / 262.965.7131

Here’s to your health!

Kathy Bernaden, VP of People

Lifestyle. Value. Trust.