



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.

Established goals of the **Wellness Works Program** are to provide programming, 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.

Fitness Center & Weight Room Orientation Sessions

**Unsure of how to get started on a work-out routine?
Attend an orientation session.**

**Sessions are taught by ARCC Wellness Division faculty:
Lisa Everts (Cambridge Campus)
David Alto (Coon Rapids Campus)**

**Cambridge Campus
Monday, January 30
12:00 - 1:00 p.m.**

**Coon Rapids Campus
Tuesday, January 31
4:00-6:00 p.m.**

**No need to sign-up .
Just step by anytime and come ready to get started.**

Visit the Wellness Works Website at:

<http://www.anokaramsey.edu/en/employeehome/WellnessWorks.aspx>