

PERFORM AT **HIGHEST** CAPACITY



Be Your Best Self

We encourage you to participate in programs that bring focus to your health and overall personal well-being, so you can live a balanced life!



HEALTHY LIVING AND FITNESS

- Health and wellness seminars such as:
 - De-stressing
 - Nutrition
 - Meditation
 - Yoga
- WorkLifeMatters Employee Assistance Program
- Fruit Delivery
- Step Challenge
- Virtual 5k
- Recess
- Golf Lessons
- Ping Pong Club



CREATIVITY AND MENTAL HEALTH

- Painting
- Photography Club
- Virtual Trivia
- Massage Therapy



FINANCIAL

- 401(k) Matching
- Retirement Planning Seminars
- College Savings Seminars
- Global Health Insurance



FOCUS ON FAMILY

- Halloween Trick or Treating
- Take Our Daughters and Sons to Work Day
- Family Paint Nights



DrFirst



Personal and
Professional Growth



Be Your Best Self



Innovation and
Strategy



Cultivating
Collaboration