

ATTENTION HR DEPARTMENTS



JOIN US FOR OUR OPEN HOUSE! BLOOMSBURG AREA YMCA

We invite you to learn more about health & wellness benefits for your employees. Schedule your appointment with Collin, our Health & Wellness Director, who will share with you the Workplace Wellness Program, Corporate Membership options and give you a tour of our facility including our new exercise equipment!



WORKPLACE WELLNESS

Contact Collin to schedule your one-on-one 30 minute presentation at cbenfield@bloomsburgymca.org

OPEN HOUSE WEEK NOVEMBER 13-17

- FREE day passes from the 12th-18th
- FREE giveaways & drawings
- Tours
- Healthy food samples from local vendors including:
 - Painterland Sisters
 - Wild for Salmon
 - Kitch by CK
 - Rohrbach's Farm Market

Option 1: High Physical Activity Jobs-
Monthly lectures/demonstrations aimed to help decrease employee aches/pains and injuries and increase productivity.

Option 2: Low Physical Activity Jobs-
Monthly lectures/demonstrations aimed to help your employees increase their overall health and physical activity outside or work, in turn, increasing morale and reducing absenteeism at work.

Community Appreciation Day
Sponsored by Matrix Fitness
NOVEMBER 13TH!

30 East 7th Street
Bloomsburg, PA 17815

