



Corporate Counseling Associates
People it forward.™

Wellness

CCA offers a range of wellness services including on-site wellness seminars, online tools and information, wellness coaching, on-site screenings and other programs and resources, all designed to enhance employee health and well-being.

On-site wellness seminars are a vital part of our EAP & Work/Life services. These programs are designed to promote problem prevention and general health and "wellness". They are also part of the ongoing program promotional campaign.

On-site seminars address a full spectrum of personal, health and work/life issues. Specific program areas include:

Balancing Work & Life, Child & Adult Care, Dealing with Change, Emotional Well-Being, Exercise & Fitness, Parenting, Stress Management Nutrition and Diet

Additionally, CCA offers a more robust and consultative Wellness Product. These programs and services are designed to effectively address health related challenges employees face and improve overall employee health and organizational effectiveness. CCA's approach is holistic and consultative. We provide organizational strategies, customized programs and targeted seminars designed to mitigate the underlying causes of stress and illness. Our approach includes:

- A strategic audit to assess and recommend enhancements to employee health at all levels
- Customized programs integrating classroom learning with hands-on services that bring wellness to life
- Targeted seminars on topics ranging from managing stress to nutrition awareness

CCA partners with your organization to select and implement options based on your strategy, budget and marketplace best practices. We manage execution and implementation of resources. Finally, we conduct ongoing assessment and measurement of effectiveness.