



## WELLNESS PROGRAM

WE CARE ABOUT THE  
WELL BEING OF OUR  
EMPLOYEES BOTH INSIDE  
AND OUTSIDE  
OF THE WORKPLACE



Our robust wellness program provides resources and support to help you reach your goals. We have new competitions throughout the year for employees to compete with co-workers and encourage each other along the way.

Our Bravo Wellness Program tracks your progress through some of the following challenges:

- BMI 12 week challenge
- 70 day cardio challenge
- Glucose 101 activities
- Soccer tournament
- Basketball tournament