



Employee Wellness Program

Sneak Peak

NEW WELLNESS PROGRAM

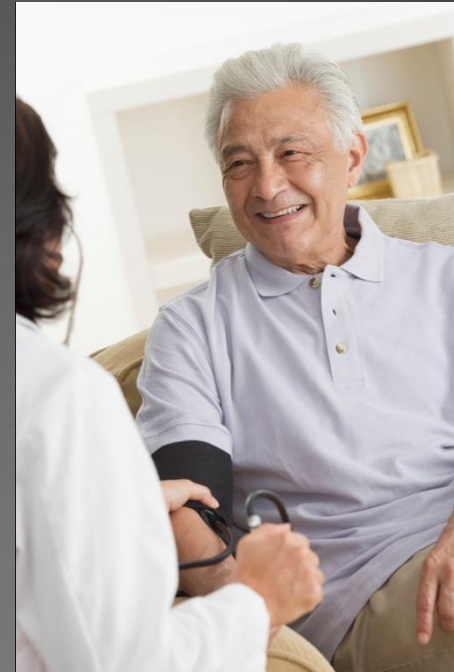
Geb BioFuels will be implementing its new Wellness Program in January with the purpose of providing resources and opportunities for employees to improve and enhance their overall health.

Take a Sneak Peek
at the Features!



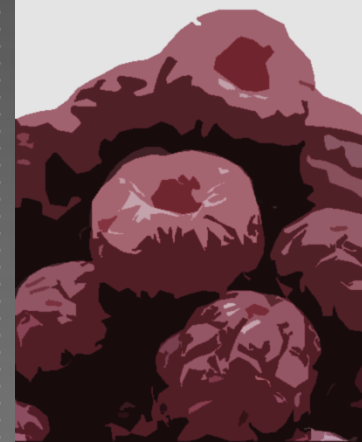
DUKE HEALTH AND WELLNESS SCREENINGS

- ▶ Screenings for Blood Pressure, Cancer, Heart Attack/Stroke Risk, Diabetes and more
- ▶ Provided by Duke University Hospital Community Outreach and Health Education Programs



HEALTHY WEIGHT SEMINARS


- ▶ Nutrition education
- ▶ Healthy food preparation
- ▶ Food shopping Tips
- ▶ Responsible weight loss planning
- ▶ Tips for long-term weight management



WEB TOOLS FOR TRACKING YOUR HEALTH GOALS

- ▶ Learn about free online tools that can help you keep track of your goals

FREE Online Diet Journal and Calorie Counter
Meet your weight loss goals by tracking the calories you eat and the calories you burn.



Get Started Now

Gender: Female Male


Height: 5 ft 5 in / 165 cm

Weight: 150 lbs / 68 kg

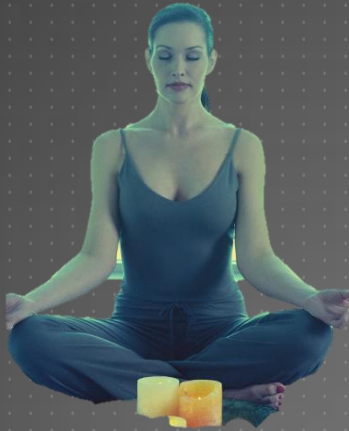
Goal: 130 lbs / 59 kg

Free: Start Today!

Crispy Oven-Fried Chicken
256 Calories



STRESS MANAGEMENT TIPS



- ▶ Relaxation Techniques
- ▶ Positive Communication
- ▶ Time Management
- ▶ Establishing Priorities
- ▶ Conflict Resolution
- ▶ Counseling Programs