



Employee Wellness Program  
Sneak Peak

# NEW WELLNESS PROGRAM

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

Take a Sneak Peek  
at the Features!



# DUKE HEALTH AND WELLNESS SCREENINGS

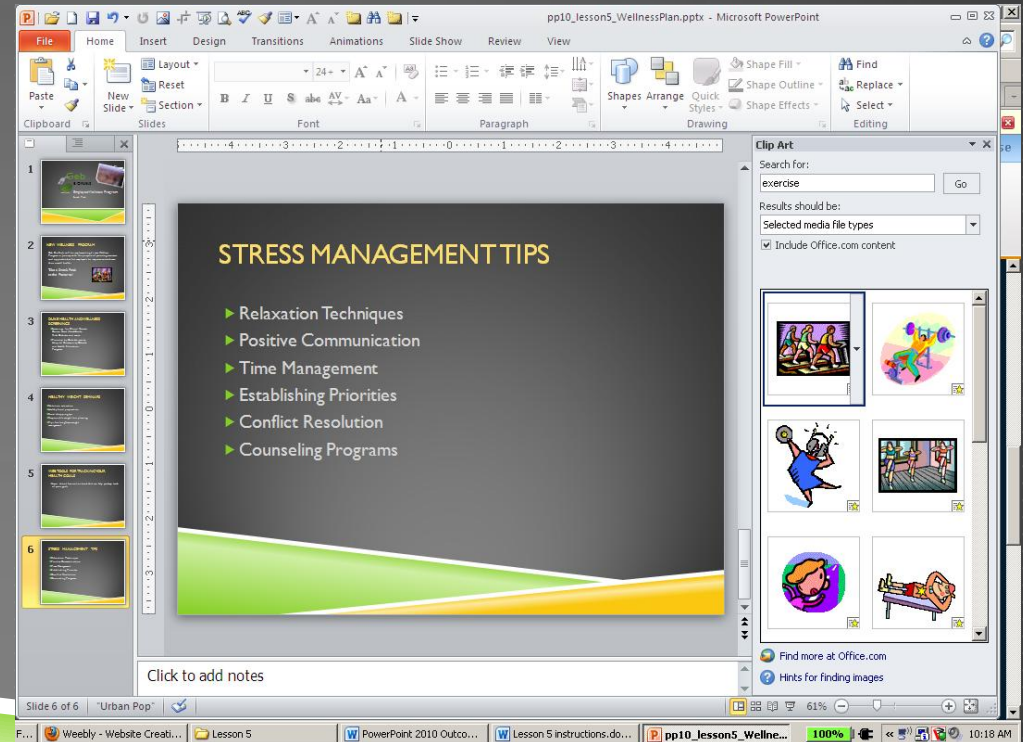
- ▶ Screenings for Blood Pressure, Cancer, Heart Attack/Stroke Risk, Diabetes and more
- ▶ Provided by Duke University Hospital Community Outreach and Health Education Programs

# 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



# STRESS MANAGEMENT TIPS

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

