

Wellness in the Workplace

- A healthy workplace means more than just warding off colds and flu. **An organization filled with healthy and fulfilled employees is a productive workplace that retains its staff.**
- Work-life balance allows employees to manage multiple responsibilities at work, at home, and in their community.
- Studies demonstrate that investing in work-life balance initiatives:
 - Reduces absenteeism
 - Increases productivity
 - Improves morale and working relationships
 - Decreases stress
 - Attracts new employees
 - Helps retain current employees – people will stay with organizations that help them find balance and personal satisfaction.



Laboratory Golf League

Opportunities and resources for helping employees achieve Wellness (Click on link for more information)



Laboratory Running Group

- Laboratory Golf League
- Laboratory Running Group
- Laboratory Cycling Group
- [MSU Bikes](#)
- [MSU Family Resource Center](#)
- [Flexible Work Arrangements](#)
- [MSU Counseling Center](#)
- [MSU Smoking Cessation Program](#)
- [Laboratory Social Events Committee](#)
- [MSU Horticulture Gardens](#)
- [MSU Health4U](#) (includes free classes)
- [MSU Recreational Sports and Fitness](#)
- [MSU Dual Career Resources](#)
- [MSU Emergency Child Care and Sick Child Care](#)
- [Walking/Running Routes on Campus](#)



U.S. Department of Energy Office of Science
National Science Foundation
Michigan State University

Awareness Slides are brought to you by the Diversity Advisory Committee
<https://groups.nsl.msui.edu/DAC/index.php>

Information taken from: <http://hrcouncil.ca/hr-toolkit/workplaces-health-safety.cfm>