

ASK THE COACH

Strengthening Talent by Advancing Wellness

Ease@Work offers a variety of healthful resources to support your overall wellness. Our program provides:

FITNESS COACHING

One-on-one sessions with a certified fitness coach to develop a personalized fitness plan

NUTRITIONAL COACHING

One-on-one sessions with a certified nutrition coach for weight loss or other health concerns.

STRESS REDUCTION COACHING

One-on-one sessions with a certified stress reduction coach to help you better understand and effectively reduce your stress.

NICOTINE CESSATION

One-on-one sessions with a counselor or coach for guidance and support with developing a quit plan.

ONLINE RESOURCES

Our Worklife Website Includes:

- Comprehensive library of articles and tip sheets on health and wellness
- Health assessment tools
- Links to helpful medical, nutritional, and mental health resources

CONTACT US

• We Can Help •