



## INTRODUCING

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# VEBA'S NEW WELL-BEING PROGRAM

The VEBA Board of Directors is excited to introduce an expansion of services to support employee well-being in 2018! We are moving beyond wellness to help employees manage their emotional, social, financial and physical health. All classes and demos are customizable upon request!

VEBA's well-being program focuses on delivering services to members that will help them become their **healthiest selves**. Some of our new offerings include:



### FITNESS CLASSES

Grab your co-workers and get moving in fun classes, including dance, yoga and much more.

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### COOKING DEMOS

Learn how to prepare quick, low calorie and great tasting meals. Participants also get to eat the yummy treats our chefs prepare.

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### HEALTH SCREENINGS

Your choice of two types of health screenings! Bring VEBA's new mobile health vehicle to your site for cutting-edge body composition analysis using our SECA machine or pick our traditional biometric screenings.

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### HEALTH COACHING

Connect with a coach to help you develop a personal well-being action plan.

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## COME JOIN US!

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To get started, contact VEBA's Wellness Department at  
[VEBAwellness@mcgregorinc.com](mailto:VEBAwellness@mcgregorinc.com)

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