



Lifesaver Wellbeing

A FREE, yearlong program to boost health and wellbeing at work and beyond.

Join

Step 1: Scan to register*



Step 2: Scan to download materials*



Support & Engagement Tools

- **Bimonthly Campaigns** – six wellness campaigns per year, with ready-to-download posters, flyers, and social media images for easy promotion
- **Wellbeing Emails** – curated content to keep employees engaged in their health journey
- **Interactive Webinars and Workshops** – offered six times a year, covering relevant wellness topics
- **Podcasts** – including *Prescription for Life* and *Mental Health Moments* to support mental and physical health
- **Community Engagement** – join our online Facebook group for shared support and community connections

Topics

Jan. & Feb.: Thriving Under Pressure
March & April: Move More, Live Better
May & June: Building Mental Resilience
July & August: Building Strong Connections
Sept. & Oct.: Financial Empowerment
Nov. & Dec.: Healthy Choices, Healthy Life

Learn More



Contact our
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