

IMPROVE EMPLOYEE WELL-BEING

WorkWell KS is offering evidence-based services to your practice, at no cost, to help improve employee well-being. We focus on creating a culture of health whereby just being at the worksite employees are healthier! Resources include:

Training for employees:

- Mindfulness
- Stress management
- Time management

Resources for worksites:

- Policy verbiage
- Guide for benefit design
- Sources of free counseling

AND SO MUCH MORE!

For more information, please email us at workwellks@kumc.edu. Learn more about WorkWell KS by visiting workwellks.com

WorkWell KS is funded by the Kansas Health Foundation in partnership with the University of Kansas School of Medicine—Wichita.

