





Working Well in Essex


A **FREE** healthy lifestyle programme
for **businesses** in Essex



Employer benefits include:

-  Improved **productivity**
-  Reduced **sickness absence**
-  Enhanced **employee engagement**
-  Improved **corporate image** within the community

Staff benefits include:

-  **Free** staff NHS and lifestyle checks
-  **Free** NVQ L2 standard training for Workplace Health Champions
-  **Free** Mental Health First Aid England training
-  Managers and Staff Stress Awareness training
-  On-going support for Workplace Health Champions
-  Confidential on-line staff survey
-  NHS Stop Smoking support
-  Healthy eating and physical activity interventions for staff
-  And much more!

For more details contact Essex Lifestyle Service

☎ 0300 303 9988 or email: provide.essexlifestyles@nhs.net www.essexlifestyleservice.org.uk