



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

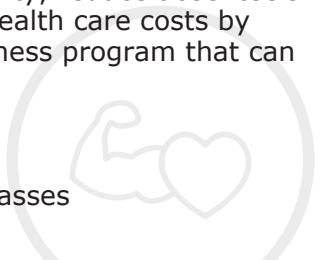


HEALTHY EMPLOYEES HEALTHY BOTTOM LINE

WORKPLACE WELLNESS @ STATELINE FAMILY YMCA

Increase employee productivity, reduce absenteeism and stress, and help lower health care costs by designing a customized wellness program that can include this and more:

- Nutrition Counseling
- Lunch and Learns
- On-site group exercise classes
- Employee education
- Personal Training
- Membership fee match incentive (Y Matches 50% up to \$20 per employee per month)
- Other ideas? Share with us!



WHY THE Y?

Healthy, happy people are good employees! A well-rounded benefits package-one that includes a YMCA membership-is attractive to current and potential employees. An estimated 25-30% of companies' medical costs per year are spent on employees with excess, often preventable, health risks.

statelineymca.org/workplacewellness

EMPLOYEE MEMBERSHIP

Your team receives full access to both Stateline locations (Beloit and Roscoe), where we offer a wide variety of programs and fitness classes with convenient drop-in schedules, most of which are included with membership.

Y Workplace Wellness members receive reduced rates on programs, including youth sports and swim lessons, plus nationwide membership to use Y's across the nation!

Memberships also include three complimentary wellness coaching sessions via our Activate program. These 30-minute sessions focus on Fitness, Nutrition, and What the Future holds within the Y for each member.

BUILD-YOUR-OWN PROGRAM

In addition to employee memberships, the Y offers a variety of other ways to support your employees' wellness.

**EDUCATE.
ACTIVATE.
ENGAGE.**



Included

- Quarterly Newsletters
- Quarterly Lunch and Learns
- Annual healthy cooking demo

Upgrade your Workplace Wellness Package (added cost)

- On-site group exercise classes
- Employee educational resources
- Staff weight loss challenges
- Personal Training — individual or small group



OTHER IDEAS? SHARE WITH US!

IRONWORKS BRANCH

501 Third Street
Beloit, WI 53511
608.365.2261

HOURS

M-Th: 4:45am–9:00pm
F: 4:45am–8:00pm
Sa: 6:00am–3:00pm
Su: 8:00am–3:00pm

ROSCOE BRANCH

9901 Main Street
Roscoe, IL 61073
815.623.5858

HOURS

M-Th: 5:00am–8:00pm
F: 5:00am–7:00pm
Sa: 6:00am–12:00pm
Su: CLOSED

Check our website for our most up-to-date hours.

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