

RIVERSIDE CORPORATE WELLNESS (RCW)

Collaborating with employers to customize corporate wellness plans that cultivate a vital workforce



BASED IN LA CROSSE, WI

HOW DOES RCW WORK?



Companies contract with RCW



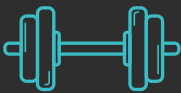
RCW creates a wellness plan for employees of that company



Employees utilize services provided by RCW

Investing in the wellness of employees will enhance workplace health & increase productivity

RCW OFFERS:



FITNESS FACILITIES



ALTERNATIVE THERAPIES



HEALTH EDUCATION



PRIMARY HEALTH

PROJECTS & ROLES AT RCW:

SPOT TOPIC PRESENTATIONS

This is a 30 minute educational presentation offered to employees on a specific topic



GUIDED MEDITATION INSTRUCTOR

- Lead 45 minute in-person & virtual guided meditation sessions for employees

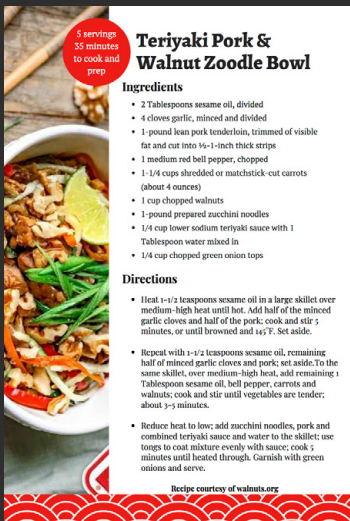
FIT KIDS & FIT FAMILIES

- Planned & implemented program sessions
- This program encourages kids & families to get active

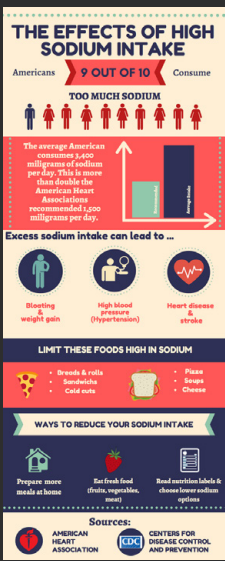
PROMOTIONAL & EDUCATIONAL MATERIALS

- Created promotional & informative resources & materials

PROMOTIONAL POSTERS



INFORMATIVE BROCHURES



SUMMARIES OF PROGRAM RESULTS

