



Labor Intensive Worksites Pre-Work Stretch Program

**Brought to you by your leadership team, in partnership with
Employee Health Benefits.**

This program is designed to address the musculoskeletal aches and pains caused by the demands of your day. This 10-minute pre-work stretch program can be piloted for 12 weeks at your worksite to:

- Prepare staff for their day
- Increase mobility
- Decrease pain
- Improve overall wellbeing
- Team build

**2 Days per week @ 7am
3 Month Pilot Program**

We have had several worksites participate already with incredible feedback!

Over 90% report feelings of improvement both physically and mentally

For more details please contact:

Allison Minardi, Worksite Wellness Manager
941-748-4501 ext 3667 or aminardi@manateeyourchoice.com

