

Firm Fosters Employee Health and Wellness

MAY 22, 2017

The Chicago office hosted its Winston Wellness Week May 15-19, offering a variety of activities and resources to our attorneys and staff aimed at enhancing wellness and encouraging healthy habits.

The week kicked off with complementary health screenings, including a personal health analysis that provided measures of blood cholesterol and glucose, blood pressure, and body composition and hydration levels. Representatives from health and wellness providers, insurance companies, and fitness organizations were available for consultation during the Health Fair event held on Thursday.

Throughout the week, employees had the opportunity to enjoy a relaxing chair massage and enter for a chance to win health and wellness raffle prizes. Friday's yoga classes to relieve stress and purify the mind were the perfect way to end the work week.

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