

## Year of the Heart Presents Wellness Week 2018

MAY 16, 2018

Winston has stepped up efforts to help firm members achieve a healthier and happier lifestyle. As a part of our global “Year of the Heart” Winston Wellness initiative, we offered Wellness Week from May 7-11, which was held simultaneously across all participating offices.

Our goal for [Year of the Heart](#), which launched on February 2, is to provide both education and motivation to help firm members make healthy choices and reduce their risk factors for heart disease. We were pleased to offer complimentary Wellness Week health screenings, which included a personal health analysis with measures of blood cholesterol and glucose, blood pressure, and body composition and hydration levels.



A number of our offices held Health Fairs during Wellness Week, where representatives from health and wellness providers, insurance companies, and fitness organizations were available for consultations. Several offices offered EAP (employee assistance program) seminars on topics such as “Emotional Well Being” and “Why Sleep is So Important.” A number of our health and wellness partners were also on site to provide nutrition, stress reduction, and spinal health tips.

Rounding out the week, firm members had opportunities to attend yoga or meditation classes, enjoy relaxing chair massages, and enter into raffles for a range of health and wellness prizes, including Nutri Bullet blenders, EyeMed and Oakley sunglasses, Equinox and YMCA one-month passes, foam rollers, and smoothie and other gift cards.



We look forward to bringing firm members additional Year of the Heart activities in the coming months, including a steps challenge this summer to spur more healthy habits and some friendly cross-office competition.

1 Min Read

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