

Winston Offers Resources to Promote Health and Wellness

OCTOBER 27, 2016

During September and October, Winston offered a variety of activities and resources to our attorneys and staff employees aimed at enhancing wellness and encouraging healthy habits. All of our U.S. offices offered flu shots, and some held multiple events during a designated week or throughout the month.

- **New York's** "Wellness Month" featured a Health Fair on October 6 with preventive diagnostic screenings and consultations in a variety of areas, as well as wellness presentations, meditation yoga, chair massages, and healthy snack breaks on various dates throughout October.
- In September, both the **San Francisco** and **Silicon Valley** offices each offered a week of health and benefits that featured chair massages, healthy snack breaks, a wellness seminar on The Healthy Workday, flu shots, and an informational session with the firm's benefits providers.
- In October, both the **Washington, D.C.** and **Charlotte** offices each held a "Healthy Winston Week" featuring a wellness seminar on The Healthy Workday, flu shots, chair massages, and health snack breaks. Participants in both offices were entered to win raffle prizes such as gift cards, NutriBullets, and personal training sessions.
- Health and wellness month activities in the **Chicago** office included flu shots and yoga as well as the annual Walk With Winston 70,000-steps-per-week challenge.



From left to right: Attorneys and staff in New York visit the Health Fair on October 6 for screenings and consultations in a variety of areas such as allergies, cardiology, blood pressure, podiatry, dental, vision, and more. Business Development Manager Megan Henry takes advantage of the flu shots offered during “Healthy Winston Week” in Charlotte.

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