

## Winston Launches Year of the Heart Wellness Initiative

FEBRUARY 2, 2018

People are the heartbeat of Winston, and we have continually worked to create a culture of wellness at the firm. For 2018, we have stepped up our efforts to help firm members achieve a healthier and happier lifestyle with the launch of our global “Year of the Heart” Winston Wellness initiative.

Our goal for Year of the Heart is to provide both education and motivation to help firm members make healthy choices and reduce their risk factors for heart disease.

Year of the Heart officially launched firmwide on February 2 with a celebration of the American Heart Association’s “Go Red for Women” day and the British Heart Foundation’s “Heart Month.” Many firm members wore clothes with the color red to raise awareness of heart disease and its unique impact on women, and each office provided a colorful snack to promote a healthier lifestyle.



Winston’s Los Angeles, San Francisco, and Silicon Valley offices kicked off their “Year of the Heart” activities with a Wellness Week held January 22-26. Firm members had the opportunity to talk with a personal trainer about body composition, learn about stress reduction techniques, and enjoy tension-relieving chair massages. Our Bay Area offices incorporated safety and preparedness into their Wellness Week activities, including a safety supplies desk drop, and LA provided pedometers to everyone in the office.

In addition to existing firm wellness activities, from steps challenges to flu shots, Year of the Heart programs during 2018 will include engaging speakers, special events, and even some friendly cross-office competitions.

1 Min Read

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