

bringing your business a culture of

health & wellness

Start the journey to a healthy future and a better bottom line today.



A healthy workforce lowers costs



With healthcare costs on the rise, you need a solid preventative plan. Imagine the majority of people in your company as healthy employees. Now picture fewer sick days reported and fewer health claims filed. This is the strategy for many Fortune 500 companies.

Your employees have individual tastes and passions. That's why the Valley of the Sun Jewish Community Center offers customized programs for every style and interest. You will see energy levels soar and productivity increase. Advocating participation in a health and wellness program provides your company with the results that **improve your bottom line.**

Participation in an organizational wellness program is associated with lower absenteeism and higher job satisfaction.

--Journal of Occupational Health Psychology

Studios for yoga, dance or Pilates, work gyms, community centers and nonprofit Jewish Community Centers (JCCs), YMCAs outscored most of the big chains. Usually, the main draw is value.

--The Centers for Disease Control and Prevention (CDC)

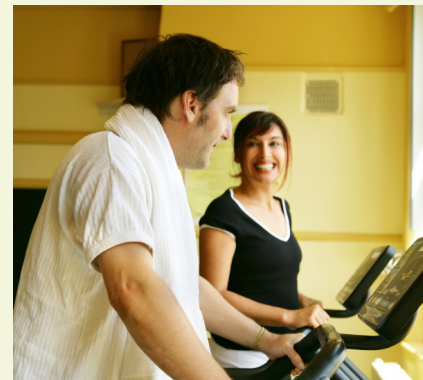
Fitness can reduce healthcare costs by more than 50 percent, as shown in a 19-year study that involved 6,600 men.

--Journal of the American College of Sports Medicine



Better health improves your bottom line

Companies with a health conscious culture experience higher staff morale and lower absenteeism. A workforce that practices good health and habits sees lower healthcare costs.



Choose from a variety of health services ranging from group fitness classes to personal training. There is something for everyone at the Valley of the Sun Jewish Community Center—

- State-of-the-art equipment
- Certified personal trainers
- Olympic-size pool
- Clean facilities
- Supervised childcare
- Pilates / TRX studio
- Certified instructors
- BeWell program to educate and inform
- Welcoming environment for people of all faiths and races



The little extras

- Free online BeWell program provides nutritional and exercise advice to keep your employees active and engaged.
- VOSJCC trainers dedicated to making each experience fresh and unique.
- Discounts for your employees—a great incentive for recruiting and retaining valuable people.