


Courses to Help Your Staff's Wellbeing

Your employees are busier than ever before. With ever-changing priorities and a drive to provide the best possible services, it's easy for staff to quickly burnout.

Organizations that emphasize employee wellness often see more engaged staff and improved service outcomes. Providing resources that promote holistic wellbeing can improve employee resilience, and ultimately, benefit the people you serve.

Relias' Employee Wellness Series offers courses that are designed to help promote wellness across your organization's workforce. These convenient, engaging courses cover topics designed to promote healthier lifestyle choices — all within five to ten minutes.



Help your employees improve health behaviors, reduce health risks, and provide better care.

COURSE TOPICS INCLUDE:

- + Emotional Intelligence
- + Healthy Eating
- + Physical Health
- + Smoking Cessation
- + Stress Management
- + Time Management
- + Work-Life Balance

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