



# Supporting Employee Wellness



**Move for Mental Health at Work**  
**Free tools to support employee well-being**



**Workplace stress & inactivity impact:**

*Productivity*  
*Absenteeism*  
*Employee retention*



**Simple workplace changes can:**

*Boost morale*  
*Improve health*  
*Strengthen your team*

## WORKPLACE HEALTH PROMOTION TOOLKIT

- Access community-based resources
- No cost to participate
- Assess your workplace readiness
- Start simple movement & wellness initiatives
- Support employee mental health
- Build a healthier workplace culture



Or visit [Healthyfranklincounty.org](http://Healthyfranklincounty.org)

