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When organizations adopt a strategic approach to wellness, such as incorporating a wellness philosophy into their human resource programs and policies, employees are supported and encouraged to engage in healthy behaviours through prevention and sustainable lifestyle changes. By building your company's wellness philosophy into policy, it becomes part of the fabric of what you do (regardless of industry or company size). The rewards for a well-designed wellness program are high. Wellness can benefit the workplace as well as the school environment:

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Workplace Wellness Solutions

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Healthy Student and School Solutions