



## Cedarcrest Center Wellbeing Program

We value our staff and recognize the importance of each person's overall wellbeing. By offering wellbeing programs, resources and financial assistance, we express our commitment to our staff, the partnership with the Department of Education's wellness initiative and the Healthy Monadnock initiative of creating the best/healthiest community by the year 2020.

What you can expect from us:

- ♥ Annual Health Fair
- ♥ Physical activities, classes and programs
- ♥ Stress management programs
- ♥ Employee Assistance Program
- ♥ Onsite walking paths
- ♥ Vegetable, herb and flower gardens
- ♥ Annual Assessment Surveys
- ♥ Reflection/meditation garden
- ♥ Notice of community workshops, events & activities