

# Aim for Maintain

## *Wellness Coordinator Certification*

### **Certified Individuals will understand how:**

- Financial and physical stress impact productivity, safety and morale
  - The *Aim for Maintain Cards* open people to change
    - Delivering support is easy and free

This 90-minute course will teach attendees how to **manage** a Wellness Program in just a few steps. Wellness Committees are not needed – at all!

Note: This does **NOT** qualify attendees to coach others on their financial or physical health. It only teaches them how to coordinate a workplace wellness program with very little time, effort or cost.

### **The steps of the program are simple:**

- Hold a Spring (Week of March 19<sup>th</sup>) and Fall (Week of September 24<sup>th</sup>)  
*Drop the Shield Day* using the Aim for Maintain Cards
- Hold a Spring (Week of May 16<sup>th</sup>) and Fall (Week of November 7<sup>th</sup>)  
*Deliver the Support Day* using local vendors
- Watch your workforce's productivity, safety and morale improve!



For more information: Please see [www.theinspiredworkplace.com](http://www.theinspiredworkplace.com) or contact me at [joel@theinspiredworkplace.com](mailto:joel@theinspiredworkplace.com) or 262-909-4636.