



Regardless of generation, health and wellness programs have benefits for all!

"Participation in my agency's health and wellness program..."



Millennials **Gen X** **Baby Boomers** **Traditionalists**

Improved my performance

41%

44%

42%

41%

Improved my morale

48%

48%

47%

42%

Improved my health

53%

53%

53%

50%

Helped me reduce stress

43%

45%

45%

32%

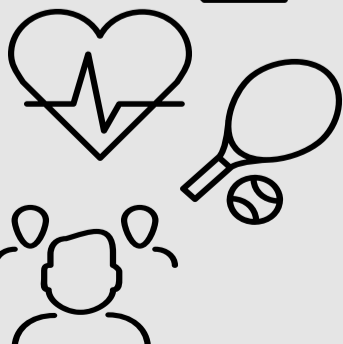
Increased my desire to stay at my agency

43%

45%

45%

32%



Do more, be more!

With programs ranging from fitness classes and health screenings to educational seminars and stress management programs, there is a health and wellness program for *every* employee.

Reach out to your agency health and wellness coordinator for more information about programs available at your agency.