



MASSACHUSETTS

# WORKING *on* WELLNESS

*Partnering for a healthy workforce*

## How Working on Wellness

### Works

Working on Wellness supports MA organizations in creating a supportive work environment that enables healthy employee behavior.

This program offers tools to help you create sustainable policies and practices to promote and protect the health of your employees.

## Why It Matters

Enhance employee productivity

Boost morale and job satisfaction

Improve retention

Reduce chronic disease  
Decrease rates of injury and accidents

Lessen absenteeism and sick days

## What We Provide



### Seed Funding

Start up funds ranging from \$5,000-\$10,000 to support the start of your wellness program.



### Technical Assistance

Ongoing technical assistance and capacity building support from people with experience working with



### Training

An online learning community that allows you to train and network with similar organization.



### Community Partnerships

Opportunities for worksites to link to community resources that will support their respective worksite wellness program.

Visit [www.MAWOW.org](http://www.MAWOW.org) for more information and to access the online application for Working on Wellness or contact: [kmyers@hria.org](mailto:kmyers@hria.org)



@MAWorkWellness



MA Working on Wellness

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