



2018 Wellness Program Map

Campuses:	SLA	SLB	SLC	SLM	SLMC	SLQ	SLRA	SLW	SLSH*	SLP*	SLGH*	Community
Health Coaching												
1:1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses
Group Inservices	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nutrition												
CSA	✓	✓	✓	✓	✓	✓	✓	✓				✓
Salad Bar Price Reduction	✓	✓		✓	✓	✓	✓	✓				✓
Plant Based Cooking		✓	✓									
Physical Activity												
Fitness Centers	✓ West End	✓ Commerce Way	✓	✓ PT Centers	✓ Affiliated Center	✓ Affiliated Center	✓	✓				✓
Walking Routes	✓	✓	✓	✓	✓	✓	✓	✓				
Weight Management												
Weight Watchers at Work		✓	✓	✓								Spouses
Emotional Health and Wellbeing												
Massage	✓	✓	✓		✓		✓					Spouses
SilverCloud	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses
EAP	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Family
Tobacco Cessation												
1:1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses

*Coming Soon
 For more information, please contact Employee Wellness at 484-526-2284 or EmployeeWellness@SLUHN.org.