



2022 Wellness Program Map

Campuses	SLA	SLB	SLC	SLE	SLM	SLMC	SLUB/SLQ	SLRA	SLW	SLSH	SLL/SLCC	GSL	SLPF	Community
Virtual Group In-Services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Health Coaching														
Virtual 1:1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses
Nutrition														
CSA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salad Bar Price Reduction	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓		✓
Virtual Plant-Based Group Session	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Physical Activity														
Fitness Centers	West End	Commerce Way	On site	Anderson	Lansford PT Center	Affiliated YMCA*	Affiliated YMCA*	On site	Hillcrest Plaza	West End	Carbon Campus	Orwigsburg PT Center	Affiliated YMCA*	Spouses
Walking Routes	✓	✓	✓		✓	✓	✓	✓	✓		✓	✓		
Emotional Health and Wellbeing														
Massage	✓*	✓*	✓*			✓*	✓*	✓*						Spouses
SilverCloud	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses
EAP	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Family
Tobacco Cessation														
Virtual 1:1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses

*Temporarily suspended due to COVID

*Affiliated YMCA's: Pocono Family YMCA, Upper Bucks YMCA & Upper Perkiomen YMCA

For more information, please contact Employee Wellness at 267-857-2975 or EmployeeWellness@SLUHN.org.