



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR PARTNERS SEE MORE BENEFITS

WHY THE Y FOR CORPORATE MEMBERSHIP

The Y is uniquely positioned to be a partner in employee wellness. Let us help you build a culture of health at your worksite!



BUILD YOUR PROGRAM FROM THE GROUND UP

The Y can help you assess your worksite, survey your employees and provide you with a plan to best meet your needs and heighten your ROI.



PROVIDE SUPPORT FOR YOUR WELLNESS TEAM

Let us do the leg work for your wellness committee. Our assessment tools can help you make decisions about how to move forward.



SUPPLEMENT THE WORK YOU'RE ALREADY DOING

Our suite of programming provides a blend of awareness, education and behavioral change opportunities that integrate with an existing program.

2,080 hours

SPENT WITH YOUR EMPLOYEES EACH YEAR

DOING NOTHING MIGHT COST MORE

You spend 2,080 hours with your employees each year – often more than half of their waking hours! As an employer you have a great opportunity to make a difference in the health of your employees. A growing body of evidence shows that investing in the well-being of your workforce yields powerful results. In fact, the average return on investment for employee wellness programs across industries and company sizes is 3:1 (Forbes).



UP YOUR VOI

The value of your investment will be showing up for work.

Our suite of programs can increase the value of your wellness initiatives. **Lunch and Learns** and **wellness fairs** can create awareness and educational opportunities, and **challenges** provide fun ways to establish healthy habits that will last.

As a partner with the Y, we provide these services **FREE** as a benefit to you and your employees. Working with the Y makes it easy to meet your wellness goals!

See all of our program offerings in our Workplace Wellness Brochure.

YOUR Y EXPERIENCE

HOLISITC WELLNESS: SPIRIT, MIND & BODY

Work out your body and your spirit! Join one of our three onsite Bible study experiences designed to provide tools for your faith journey. Our full time Spiritual Director can also provide chaplain services to your employees at your work site.

ACCESS TO EXPERTS

Y members have access to a variety of resources from Wellness Coaches to help new members get on the path to fitness to Group Exercise instructors who guide members through each class workout. We also have a registered dietician on staff who provides nutritional consultations to assist members in obtaining good health through healthy eating goals and nutrition plans.

ENGAGE THE WHOLE FAMILY

The Y has something for everyone. From drop-off care to rockwall climbing, from swimming to playing basketball, we offer the facilities and programs to engage everyone in your family.

VOLUNTEER FOR YOUR HEALTH

Did you know volunteering can increase self-confidence, reduce stress, and can improve your health and happiness? The Y has volunteer opportunities every month - from small things like assisting in our Child Care Center to big events like our global missions trips, there are lots of ways to get involved and give back.

GETTING MEMBERS ON THE PATH TO SUCCESS

We know that members who have a plan are more likely to be successful. Through programs like our YConnect, we make sure new members establish a plan and get on the path to success. Our specialized staff team consult one on one with members to learn about their goals and connect them with the resources we have to offer.

YMCA AT PABST FARMS

1750 E. Valley Road
Oconomowoc, WI 53066
262-567-7251

GLACIAL COMMUNITY YMCA
glcymca.org

**45% of Employees
report better productivity
in evidence-based workplace
health programs**

Employee Health Survey
2016 AHA

**Spouses and
dependents are 40-60%
of the cost of health care plans.
Adult children are on plans
much longer now.**

-Your Y serves the
whole family

**70-90% of health
care spending is caused
by preventable, modifiable
health risks**

US Department of Health
and Human Services

WATERTOWN AREA YMCA

415 South Eighth Street
Watertown, WI 53094
920-262-8555