

# Corporate Wellness Program

ENGAGEMENT + EDUCATION + ACTION = EMPOWERMENT

Let's start an emotional support revolution  
in your organization.

## WHY

Productivity losses related to personal and family health problems cost U.S. employers thousands each year.



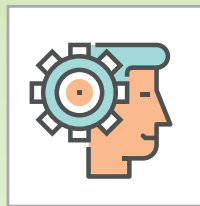
Chronic diseases like cancer are responsible for \$1.1 trillion in lost productivity annually in the U.S. economy.

### THE GOOD NEWS?

A focus on wellness can make a difference. The RAND study, a recent 3-year investigation, found that **employees who engaged in wellness activities reported fewer hours of unscheduled absences** — allowing for more time on the job.

## WHAT

Cancer Support Community Arizona's Corporate Wellness Program assists families by offering the following:



### Education Sessions

*How to Be A Good Friend to Someone with Cancer, The Mind-Body Cancer Connection, Cancer 101, and Boosting Your Immune System through Nutrition.*



### Healthy Mind and Body Activities

Peaceful Meditation, Cooking Demonstrations for Healthy Eating, and Stress Reduction Classes.

Each session is open to anyone invited by your organization: employees, families of employees or even business/building associates.

**Cancer Support Community Arizona attends to the whole person** with evidenced based tools proven to assist in helping families manage stress and increase knowledge and understanding of healthy life style changes.



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Schedule a strategy session for your organization.

Email or call today!

Debbie DiCarlo, CEO, Cancer Support Community Arizona:

**DDICARLO@CSCAZ.ORG OR (602) 712-1006**

## HOW

**Cancer Support Community Arizona (CSCAZ) Sr. Program Director meets with your organization's Liaison(s)** to determine what sessions to offer and how often. This is flexible and meant to be a dialogue offering the very best in Supportive Assistance.



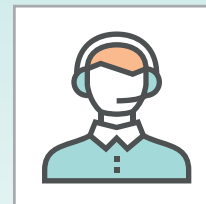
**WEEKLY SESSIONS, MONTHLY SESSIONS OR A COMBINATION OF THE TWO.**

Additionally, Cancer Support Community Arizona is responsive to Employee/Family's needs. **Programming will be offered as needs arise, in collaboration with the Health Benefits professional.**

## COST

**Cost per Session: \$500**

- Cancer Support Community Arizona brings appropriate supplies and equipment.
- All program participants will have access to *CanSurround*, Cancer Support Community Arizona's 24/7 digital emotional support program for cancer survivors and their loved ones.



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## WHERE

**Accessible and convenient on-site** so that employees can participate in an environment that is conducive to comfort and success.

