

Employee Wellness



How can we help you reach your wellness goals?

On Campus Fitness Centers

- ◆ [Crest Fitness Center](#)
- ◆ [McPhee Strength & Performance Center](#)
- ◆ [Free Exercise Classes](#)

Fit4Life

- ◆ [Consultation](#)
- ⇒ Wellness Assessment
- ⇒ Health Assessment
- ⇒ Fitness Assessment
- ⇒ Goal Setting

Employee Assistance Program

- ◆ [Consultation](#)
- ◆ [Crisis Management](#)
- ◆ [Vital Work Life](#)

Massage Therapy

- ◆ [On-site Seated Massage](#)
- ◆ [Appointments](#)
- ◆ [More Information](#)

Counseling Services

- ◆ [Online Self-Assessment Screening](#)
- ◆ [After Hours Referral](#)

Well Wisconsin Wednesday Webinar

- ◆ [Webinar Topics & Dates](#)
- ⇒ Third Wednesday of each month
- ⇒ 12pm (noon)-1pm