

Focus on You with OEGB's

# Wellness Program

## What's New

- Mindfulness app - coming October 1, 2019!
- Resiliency webinars
- Enhanced [OEGBwellness.com](http://OEGBwellness.com) website
- Quarterly theme-focused wellness newsletter

### You'll Still Have Access to:

- WW (formerly Weight Watchers)
- Healthy Team Healthy U
- Health coaching
- Assistance with ongoing health conditions



OEGB has revamped the wellness program to make it easier to **Focus on You.**

Discover all the tools and resources available at:

[OEGBwellness.com](http://OEGBwellness.com)