

EMBRACE Your Workplace

WELLfluent™ tips for a happy, healthy workplace



EMBRACE Your Workplace offers tips to make healthy habits a part of your employees wellness routine.



Embracing Change and Its Stress

If there is one constant in life, it is that change is always with us. Often, change can be accompanied by stress. Fortunately, there are established and effective strategies for handling whatever change comes our way.

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4th of July Safety Tips

As we get ready to celebrate Independence Day, many of us plan to attend fireworks displays, a backyard picnic, or perhaps enjoy fun at the beach. The American Red Cross offers these tips so you can enjoy a fun-packed, safe holiday.

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Good Body Mechanics in the Workplace

Good body mechanics are extremely important at your workplace. You likely spend 8+ hours a day at work. Over time poor body mechanics can lead to fatigue, soreness, chronic imbalances, pain, and discomfort. What can you do about it? There are several things within your control that can help you improve your fitness in the workplace.

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Hurricane Preparedness Tips

The Atlantic hurricane season lasts from June through November, with peak season from mid-August to late October. Learn about how to be prepared and what to expect before, during, and after a hurricane.

[Hurricane Prep Tips](#)

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