

Here are what some of our other clients are saying about our

## AWARD-WINNING PROGRAMS ...



### It makes business sense.

*“As our wellness partner for 5 years now, EWSNetwork provides exceptional programming, services and support. We have achieved measurable improvements in the overall wellness of our workforce and integrated wellness into the fabric of our culture. With this strong partnership, EWSNetwork played an integral role in Bruce Telecom winning the 2015 Wellness Program Award from Benefits Canada.”*

JACKIE ARNOLD,  
HR Manager, Bruce Telecom

### It makes for happier employees.

*“With the help of the dedicated team of professionals at EWSNetwork, we began to see many positive changes: our staff were making healthier choices, absenteeism and health care costs were reduced and our overall corporate culture improved as employees became more engaged with all the wellness initiatives being offered.”*

JEFF HARRISON,  
Health and Safety Manager, London Hydro

### We make it work.

*“The success of our program is due to EWSNetwork being able to listen to our employees and senior management team, identify priorities, consider alternatives, and provides suggestions and solutions. The leadership role they take with our program makes it easier for us to achieve our goals.”*

MARK HAMMOND,  
Health and Safety Manager, TRW

### Contact Us For More Information

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Making workplace & employee

# WELLNESS a PRIORITY

**Today's employers need healthy, engaged employees in top form to deliver their products and services. Investing in a formalized corporate and employee wellness program helps you keep things on track.**

The right partner with the right expertise will develop and deliver a multi-faceted program that will capture your employees' attention, be the right fit for your culture, and truly influence and modify behaviours. In turn the employer will be rewarded with improved productivity, reduced absences, increased vibrancy and diminished financial strain on your group benefits program.



# Employee Wellness Solutions Network (EWSNetwork) *is the* **RIGHT PARTNER.**

For over a decade, we've been working with organizations from all sectors to identify challenges and customize a strategized plan to achieve results. We focus on three things.



## On-Site Wellness Programming

We analyze your organization and work with you to determine core objectives. From there, we design and deliver a program that engages your employees to embrace healthy behaviour changes. Tools like personal, private wellness coaching, outreach awareness programming and group initiatives are implemented to establish a healthy culture.

*“In working with EWSNetwork I have been impressed at the time they have taken to understand our organization and our staff, and to customize an approach that truly meets the needs of our employees in various locations.”*

PETER FRAMPTON,  
Executive Director, Learning Enrichment Foundation



## Digital Wellness Programming

We extend wellness digitally to optimize engagement. Trusted, interactive resources provide easy to understand information – assessments, behavior tracking, digital coaching, and fun challenges.

*“The results of the EWSNetwork service exceeded my expectations in every way. People in the firm enthusiastically participated in fitness and nutrition programs. Participation rates were high, energy and productivity levels improved and the consensus was a solid 2 thumbs up.”*

GEOFF PULFORD,  
Former CEO, Harrison Pensa LLP



## Mental Health Solutions

We help leaders become skilled in recognizing signs of mental health distress and provide them with techniques and tools to help. This part of the program will empower your entire organization to bring these issues to the forefront, facilitating healing and combatting stigma.

*“Your presentation style immediately engaged our leadership group encouraging trust for an open and fulsome dialogue. The depth of knowledge and practical tools you provided will be put to immediate use. We have so often hear the word “stress” but now have an approach that will help us find solutions for the issues while providing appropriate levels of support for our employees.”*

HEATHER MCCLURE,  
Director WSIB, London Ontario