

ICANATWORK Monthly eNewsletter Archives

Date	Understanding Wellness	Action Step
February	Understanding "Presenteeism"	How to Get Started
March	Return on Investment	How to Increase Physical Activity Opportunities at Work
April	What is a HHealth Risk Appraisal? (HRA)	How to Increase Healthy Eating Opportunities at Work
May	Cost-Saving vs. Cost-Efficient	How to Maximize Effectiveness