



News

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Bryant University Selects Wellness Workdays to Implement Worksite Wellness Program

Wellness Workdays has been selected by Bryant University to develop and implement a worksite wellness program for its faculty and staff at the institution's Smithfield, Rhode Island campus. The initiative includes infusing new life into Bryant University's current wellness program and increasing employee engagement and participation.

"We looked for a wellness partner that could bring a new level of energy and enthusiasm to our program," said Melanie Cluley. "We are excited about the initiatives Wellness Workdays has developed for our faculty and staff. The programs are customized to the needs and interests of our workforce."

Wellness Workdays will implement fun and educational programs for Bryant University's faculty and staff, including its award-winning Nutrition for A Lifetime program, a 5-2-1-0 Blastoff to Wellness program, and other programs that focus on brain health, physical activity and sugar/artificial sweeteners.

A seasoned entrepreneur, Debra Wein develops and implements award-winning worksite wellness programs for organizations throughout the country. Her business, Wellness Workdays, is a leading provider of worksite wellness programs and the only worksite wellness provider in Massachusetts to receive state and national certification as a woman-owned business enterprise.

"We are always up for a challenge," said Debra Wein, president and founder of Wellness Workdays. "A number of our clients look to us to create engaging programs with strong participation levels, and we are looking forward to working with Bryant University to achieve all of their wellness objectives."

About Wellness Workdays

Wellness Workdays (www.wellnessworkdays.com) is a Hingham, Massachusetts based company that provides worksite health and wellness programs that inspire employees to make simple and positive changes in their lives and improve their health. We have worked with hundreds of companies including BJs Wholesale Clubs, Putnam Investments, Brown University, the Massachusetts Institute of Technology, Rockland Trust, Perkin Elmer, Old Mutual Asset Management, Bentley University and Harvard Business School. Our wellness programs have earned awards and recognition from many outstanding organizations.

About Bryant University

Bryant University (www.bryant.edu/) has earned a distinguished reputation for innovative academic programs and technology that are marketplace driven and highly attuned to the emerging needs of industry and society. Bryant's close-knit, student-centered community of scholars delivers challenging academic programs that integrate business and the arts and sciences, with an emphasis on real-world application and a global perspective.

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