



**FOR IMMEDIATE RELEASE**

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## **SENTINEL BENEFITS & FINANCIAL GROUP SELECTS WELLNESS WORKDAYS TO IMPLEMENT COMPANY'S WELLNESS PROGRAM**

**HINGHAM, MA – February 15, 2013** – Wellness Workdays announced today that it has been selected by Sentinel Benefits & Financial Group to implement a wellness program for its employees. Wellness Workdays, a consulting firm based in Hingham, Massachusetts, creates award-winning worksite wellness programs that inspire employees to make simple and positive changes to improve their health while working to lower health care costs for employers.

“As a benefits partner that recommends wellness programs to our clients, we felt it was important to offer this key benefit to our own employees,” said David Scarpello, Executive Vice President & Chief Operating Officer of Sentinel Benefits & Financial Group. “We recommend Wellness Workdays’ services to our clients so when the time came to select a wellness partner for our own employees, the choice was clear. Wellness Workdays provides the assessment, strategy and evaluation we need to achieve results.”

Wellness Workdays is conducting biometric screenings and administering personal health assessments for Sentinel Benefits & Financial Group’s 200 plus employees in both Massachusetts and New York. Once essential health data has been gathered, employees will participate in various wellness programs including a team-based wellness challenge that will track their physical activity, calorie burn, and fruit and vegetable consumption.

“Increasing evidence supports the need for worksite wellness programs,” notes Debra Wein, president and founder of Wellness Workdays. “These programs allow employees to receive invaluable information about their health and learn how to lead a healthier lifestyle while engaging in activities that are both educational and fun.”

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**About Wellness Workdays**

Wellness Workdays ([www.wellnessworkdays.com](http://www.wellnessworkdays.com)) is a Hingham, Massachusetts based company committed to providing corporate health and wellness programs that inspire employees to make simple and positive changes in their lives and improve their health while working to lower health care costs for businesses. Wellness Workdays has worked with hundreds of companies, including Putnam Investments, Brown University, the Massachusetts Institute of Technology, Rockland Trust, Perkin Elmer, Old Mutual Asset Management, Waters Corporation, Sekisui Voltek, Objet Geometries, the Town of Westwood, Bentley University and Harvard Business School.

**About Sentinel Benefits & Financial Group**

Sentinel Benefits & Financial Group ([www.sentinelgroup.com](http://www.sentinelgroup.com)) is a leading employee benefit consulting and administration firm. Their broad range of financial services makes Sentinel Benefits an excellent choice for clients seeking a single resource to manage all of their employee benefits including group insurance brokerage, Flexible Spending Accounts (FSA), Health Reimbursement Accounts (HRA), COBRA, retirement plan consulting and administration, investment advisory services, and individual wealth management services. Sentinel serves more than 3,500 businesses throughout the United States.