

New in 2012, The Employee Wellness website has been updated and enhanced to better serve you! The new website is much easier to navigate and use to help you find the information you need to participate in the numerous Cleveland Clinic Wellness programs.

From physical activity to stress management, the new Employee Wellness website is organized by specific wellness categories. Within these areas, you'll find timely information about how to register for our group fitness classes, Sunrise / Sunset yoga, or Shape Up and Go!™. Learn about the new programs and equipment available at any of the five cc-owned fitness centers.

Also, you can view a monthly calendar of events, learn about our wellness committees, and keep abreast of current wellness topics through our Wellness Grand Rounds and Wellness Connection.

Wellness Resources are now consolidated on one page. It's a one-stop web page for all things wellness!

Over the next few months, we want to hear from you! Give us your [feedback and comments](#) on what you think about our programs, services, and our new website. Also, [share your success stories](#) with Dr. Cosgrove via the "Health Choice Challenge". Dr. Cosgrove will be choosing one caregiver's story to share at each of his Connections in 2012

So take a few minutes to explore the site, meet our staff, learn about our new facilities and equipment, and check out special programs and discounts that are available to all clinic employees through Employee Wellness!

In Good Health,

Jim