

A health predicament arises. What do you do?



The PCSB Wellness Team will provide answers in a 15 minute ***“Healthier at Home”*** in-service at one of your faculty/staff meetings. Together, let’s reduce doctor and emergency room visits!

Each participant will receive:

- ***“Healthier at Home, The Guide to Self-Care & Wise Health Consumerism.”*** This is an informative, colorful 416 page text written by the American Institute for Preventive Medicine. Studies have shown an average annual savings of \$100 per employee due to reduced doctor and emergency room visits. Topics include:
 - Wise Health Care Choices
 - Health and Safety Guidelines
 - Common Health Problems
 - Emergencies and First Aid (learn when to call 9-1-1)
- Two in-service points
- Valuable information needed to make healthy, cost-effective healthcare decisions.

Call your Wellness Team at 648-3057 to schedule your “Healthier at Home” in-service today. We look forward to sharing this helpful tool.