

Workers' Comp & Wellness: What's New for 2018

New onsite options are now part of our Tier 3 Wellness programs. Choose all or some of these popular topics as you customize your plan (at no additional charge.)

Nutrition 101: Back to Basics

This 45-minute educational session will delve into nutrition fundamentals that include how to read food labels accurately and navigating the local grocery store. We'll also discuss concepts surrounding balancing meals, macronutrients and how they benefit the body, and common nutrient myths. We'll help you establish a permanent display table with materials reinforcing your A.I.M. Works goals.

Basic Stretching & Injury Prevention

Should you stretch? If so when and how often? Consistent stretching--yes even in the workplace!--can reduce muscle strain, back injuries and other common injuries. In two 20-minute interactive sessions, we'll demonstrate safe, quick and effective ways for employees to limber up.

Budgeting 101: The Life Skill They Don't Teach in School

How much time do your employees spend worried about personal finances? It often affects quality of life, distracting from time with family and being focused at work. In two 1-hour sessions, we'll talk about why so many individuals find themselves in debt and we'll teach budgeting skills that can be life-changing.

Letting Go: Allowing Meditation to Lower Stress

With all the demands in today's world, it doesn't take long before people struggle with work/life balance. In three 45-minute interactive sessions, we'll discuss the health benefits of meditation, including helpful hints in developing a simple and successful meditation practice.



A.I.M. Works:
The Wellness Advantage

Contact us today: Martha Gagnon mgagnon@aimmutual.com or Colleen Hyde at chyde@aimmutual.com