



# MESSA Wellness

mindfulness • movement • nutrition

The three keys to worksite wellness are mindfulness, movement and nutrition. MESSA's worksite wellness program can help set you up for success in creating a healthier lifestyle at work and at home.



mindfulness



movement



nutrition

For more information, contact MESSA's health promotion consultant at [healthy@messa.org](mailto:healthy@messa.org) or 800.292.4910.