



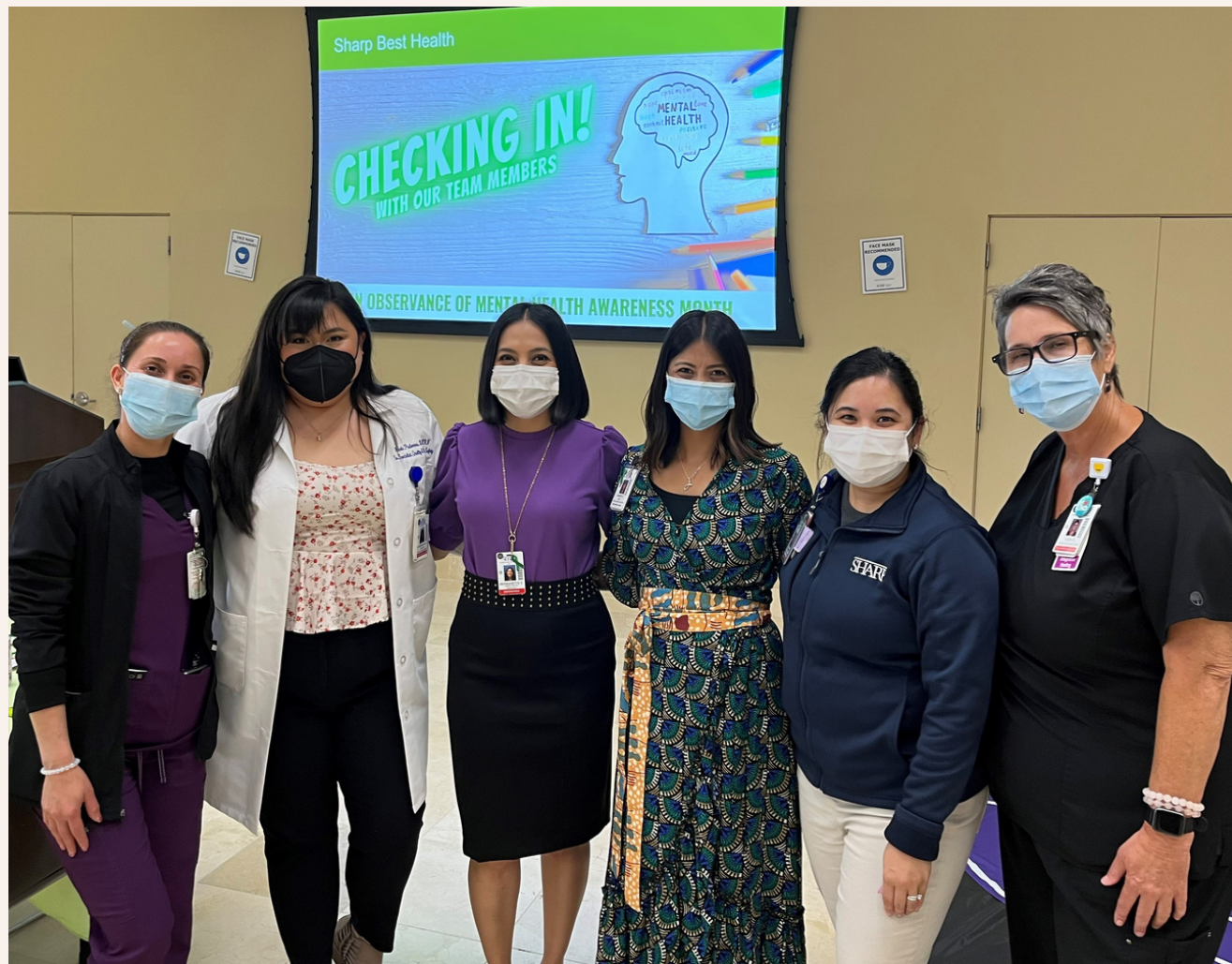
Lavender

PROMOTES CALMING
ENCOURAGES RELAXATION
SOOTHES STRESS

AVOID CONTACT WITH EYES

Sharp Best Health

SHARP BEST HEALTH IS SHARP'S EMPLOYEE WELL-BEING PROGRAM. THE MISSION OF SHARP BEST HEALTH IS TO PROMOTE A WORK ENVIRONMENT THAT ENCOURAGES HEALTHY LIFESTYLE CHOICES, DECREASES THE RISK OF ILLNESS AND DISEASE, AND ENHANCES EMPLOYEE EFFECTIVENESS AND WELL-BEING.



Sharp Best Health

SHARP BEST HEALTH APPROACHES EMPLOYEE WELL-BEING COMPREHENSIVELY AND SEEKS TO PROVIDE EDUCATION, RESOURCES, SERVICES AND SUPPORT POLICIES WHICH REFLECT THE FOLLOWING DIMENSIONS OF PERSONAL WELL-BEING:

Purpose: Liking what you do every day and being motivated to achieve goals

Connection: Having supportive relationships at work and at home

Financial: Managing your economic life to reduce stress and increase security

Community: Spending time in a place aligned with your lifestyle, feeling safe, and having a sense of belonging

Physical: Having good health and enough energy to engage in the activities that matter to you

Mental: Having a balance of emotions, feeling in control of your behavior and able to cope with stress



FOR MORE INFORMATION ABOUT SHARP BEST HEALTH
[CLICK HERE](#)