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A comprehensive wellness program that stresses physical activity, nutrition guidance, stress reduction, and disease prevention or management may improve an employee’s health and potentially lower the health costs per employee.

Join the BU Movement

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We also design 8-week disease management/prevention programs on obesity, arthritis, osteoporosis, heart disease, and diabetes.

Talk to us! Tell us about your department’s wellness goals and we can work together to create a program that works. Contact Rick DiScipio at discipio@bu.edu

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Employee Wellness Programs

Why does work place wellness matter?

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