

WHO WE ARE

At Human Resources Wellbeing, we understand that well-being is far from a one-size-fits-all concept. Through our comprehensive approach, we offer a range of support services that increase engagement, bolster motivation, and promote overall health.



DIVERSE MIND AND BODY OFFERINGS

Participate in several year-round programs:

- Free 15 min Massages @Work
- Free Flu Shots @Work
- Free Community Acupuncture @Work
- Free Community Cupping @Work
- Body Composition Analysis
- Free Soundbaths Sessions
- Free Micro REIKI Meditation @Work
- Free Go and Glow Rejuvenation Sessions@Work

Scan the QR code to explore and sign up for any services and programs you are interested!



PROGRAM OFFERINGS

Virtual / In-Person Classes: Join free virtual and in-person wellbeing classes from Monday to Friday, including Facial Yoga, Outdoor Yoga, Guided Meditation, Sound Baths, Core Conditioning, and Stretch. Classes are led by certified professionals, welcoming all levels.

Virtual / In-Person Workshops: Free workshops covering essential wellbeing topics such as Mindfulness, Parenting, Financial Management, and Sleep Mastery are offered.

Consultations: Engage in a holistic approach to your health and wellness with personalized wellbeing coaching and nutrition guidance. Our sessions, available to all LMU employees, cover stress management, lifestyle adjustments, sleep improvement, and nutrition support from our expert holistic nutritionist.

Employee Assistance Program: Health Advocate provides a personalized approach for Neurodivergence, LGBTQIA+, and BIPOC communities, providing physical, emotional, relational, and financial support in order to care for the whole person. They offer 24/7 support in 250+ languages.