



The Live Well Be Well Wellness Grant program has been an outstanding opportunity to support our teams and promote staff well-being. Through this program, we were able to offer a variety of meaningful initiatives, including massage sessions for our sonography group, stretching and educational classes, and a “Laughter is the Best Medicine” session during a department meeting. A particularly popular highlight was a healthy snack cart stocked with nutritious options for our Maternal Fetal Medicine and Urogynecology clinicians.

We greatly value access to this program, as it allows us to actively support staff in prioritizing their health and well-being

“Ensuring our team members care for themselves is essential, as it allows them to deliver the highest level of care and service to our patients and community.”

“I would recommend the Wellness Grant 10 out of 10. It would be silly not to take advantage of such an amazing benefit for your team.”

Jessica Van Leuven

Nurse Manager II

Perinatology