



progressivehealthcenter

Integrative Strategies for a Well Workforce

WHY PROGRESSIVE HEALTH CENTER?

We envision a workforce where individuals reach their full potential through physical, mental, emotional and spiritual well-being. Our unique integrative approach focuses on stress management as a starting point to help employees become more resilient and cope.

OUR ACCOMPLISHMENTS

Through our work at Presbyterian St. Luke's Medical Center and Rocky Mountain Hospital for Children, we've made a difference.

- We've reached over 50% of the population through our program offerings
- 65% of employees who have tried the lounge, return within a month
- Approximately 6,000 employees visited the lounge in 2017
- 100% of our pilot nurse resiliency program participants reported improvement in "belief in self" as a result of participating in the 7-week program

WHO WE ARE

Collectively, our team has a wide range of experience and knowledge in integrative health. Our expert staff includes health coaches, acupuncture and reflexology practitioners, nutritionists and massage therapists. We have staff trained in program design, delivery, and evaluation.

WHAT WE DO

From the set up of an employee-centered onsite wellness lounge to health coaching services, resiliency training programs, acupuncture, nutrition, meditation classes, reflexology and more, our team has everything you need to set up an employee wellness program that works.



INTEGRATIVE STRATEGIES THAT WORK

We differ from most workplace wellness programs that engage employees in making physical health changes first. Instead, we focus on boosting resilience and meeting employees where they are in their journey to well-being.

The research on the impact of resilience training is positive. It has been shown to have large, measurable effects on a wide range of performance and health outcomes. When resilience improves, so does morale, engagement, productivity and retention, and turnover is reduced.

Let Progressive Health Center help you design a wellness program that boosts employee well-being.



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*"This is the next jewel in P/SL's crown...
Progressive Health is impacting our
community, our employees, and our
patients in so many important ways"*

*- Maureen Tarrant, CEO Presbyterian St.
Luke's Medical Center*

employee testimonials

"I thought of leaving the hospital but because of this wellness center, I am staying. The recharge for 20 minutes is bringing so much quality and happiness to my day. I take better care of patients because of Progressive Health Center."

"Just what the doctor ordered! As stressful as my day can be as a nurse. The few minutes that we get definitely instilled some energy for me to end my shift! Thank you"