



## WELLNESS TEAM VISION & MISSION

### **Vision:**

**HEALTHY PEOPLE:** We will enhance the health and well-being of our colleagues. We believe that “*well-being*” incorporates emotional resiliency, environmental consciousness, financial well-being, physical wellness, social awareness, occupational wellness, and personal serenity.

### **Mission:**

**The Wellness Team is committed to enhancing the health, safety and well-being of Stonyfield employees and their families by:**

Striving to create new and exciting programs and activities that encourage employees and their families to think differently, try new things, and make healthy changes in their lifestyle.

Fostering a culture that embraces wellness and safety and promotes healthy lifestyles.

Educating through wellness-related programs and activities. Increasing awareness of and effectively communicating resources contributing to sustained/improved health and well-being.

Inspiring and empowering individuals to take responsibility for their own health, safety and well-being.