



ALERAGROUP
2021 Virtual Employee Wellbeing Fair
September 22 & 23

REGISTER NOW

The Wellbeing Fair is Around the Corner!

Looking for a creative (and FREE) way to engage your employees in wellbeing? Our annual Wellbeing Fair helps employees and their employers learn more about holistic health. During this two-day event, employees can join our daily fitness and mindfulness workshops and then attend our keynote sessions led by wellbeing experts.

[Register here](#) and invite your colleagues!

Learn more about how we're partnering up with GivHero to [give back](#) in a big way during our event.



Register for the Wellbeing Fair

This Month's Theme: Vision Health Awareness

A note from Gretchen Day – VP of Health Innovation & Advanced Strategy, AIA, Alera Group

August is Children's Eye Health Awareness month. Not only is eye health important for our children, but I encourage you to embrace your inner child and be mindful of your own eye health this month. Your eyes play an exceedingly crucial role in helping to translate objects and colors you see into the perceptible world around you. Whether you need glasses or contacts or have 20/20 vision—it is of utmost importance to have your eyes examined routinely. The proverb that the eyes are the window to the soul has an element of truth, as they offer a deeper view of your overall health. Eye doctors can often see early warning signs of high blood pressure or diabetes simply through a thorough eye exam. To maintain good eye health, it's also important to maintain good overall health too! This means eating healthier foods like leafy greens, vegetables, fish, nuts or beans, quitting smoking, wearing sunglasses when outside and providing your eyes with the rest they need from digital screens! Be kind to your eyes this month.

This Month's Recommended Articles

Breaking Free from a “9 to 5” Culture

Many organizations learned in the past year that remote work can be highly effective, with 83% of employers surveyed saying that the shift to remote work has been successful for their company, according to a PwC study. In addition, 54% of workers want to continue working remotely after the pandemic. Now that it's clear where the work is done is not as important as people once thought, the other dimension of

flexibility workers crave is the freedom to determine when the work is done.

[Read More](#)



[Download Our 2021 Wellbeing Calendar](#)

Each month, you'll find a theme of the month along with ideas on how to encourage wellbeing at your organization. Many of the activities can be adapted if your workforce is working remotely.

[Download Your Calendar](#)



[Ask a Wellbeing Thought Leader](#)

If you have questions on how to think strategically about improving the wellbeing of your employees, please contact your local Alera Group advisor or fill out the inquiry form below.

[Ask a Wellbeing Question](#)

This Month's Recommended Articles

First Things to Do Every Morning for Peak Brain Health

Modern life often moves at a relentless pace, so it can be hard to keep a clear head. You might feel more like a zombie than you'd like to admit. Humans aren't really designed to take on the sheer multitude of tasks most of us do each day, which means we often find ourselves struggling to stay sharp and focused.

[Read More](#)

Science Says Your Pet Is Good for Your Mental Health

People who have pets tend to have lower blood pressure, heart rate and heart-disease risk than those who don't. Those health boons may come from the extra exercise that playing and walking require, and the stress relief of having a steady best friend on hand.

[Read More](#)

How Therapists Personally Deal With Burnout

First time hearing this term? Dr. Donna Marino, a licensed clinical psychologist and executive coach, defines an emotional runway as the space or path that leads up to emotional overload, which can look like burnout, overwhelm, anxiety and/or depression..

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Alera Group 3 Parkway North Suite 500 Deerfield IL 60015

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