

## June is National Employee Wellness Month

Did you know that June is National Employee Wellness Month? As a business owner or operator, you can have a significant impact on your team – and your bottom line – by helping your employees in their wellness journey. Josh Bersin's article, [The Healthy Organization: Next Big Think in Employee Wellbeing](#), found that companies who focus on the overall well-being of their employees far outperform their peers with lower levels of absenteeism, higher likelihood of meeting financial targets and more success at recruiting top people.

Here are a few quick and easy tips for helping your team stay healthy:

- Hydrate, hydrate, hydrate! Keep plenty of fresh drinking water on hand for your employees.
- Host a fitness challenge using a free app like Stridekick.
- Hold walking meetings to get out and stretch.
- Make sure to provide regular safety training to all employees.
- Encourage employees to get regular wellness screenings and check-ups.
- Host lunch and learns. Invite local professionals to come in and teach your employees about various wellness topics.
- Provide healthy snacks.



## Locally Smart

PECO prides itself on our talented in-house professionals and hands-on locally smart management. With over 20 Property Managers strategically placed around the country, we can ensure that our team always has access to relevant community insights impacting your business.



### PROPERTY CONTACTS

Metered Utility Questions  
844.286.8130

Accounts Receivable  
arrequests@phillipsedison.com

**FOR AFTER-HOURS MAINTENANCE  
EMERGENCIES, CALL 866.422.3347**

