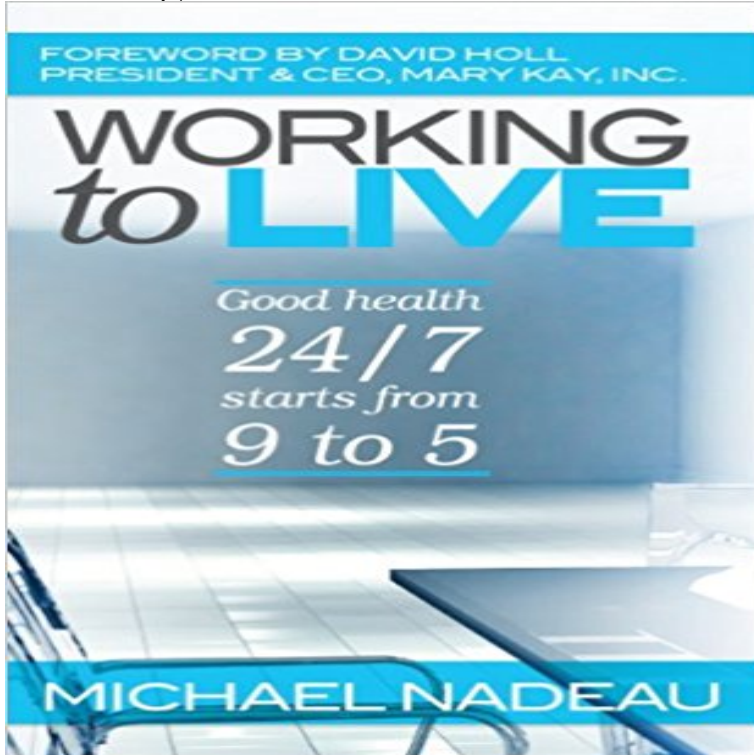


# Working to Live: Good Health 24/7 Starts From 9 to 5



Working to Live: Good Health 24/7 Starts From 9 to 5 is a small yet powerful book with the ability to influence a nation by engaging corporate leaders on the steps they can take to impact lasting change. The single greatest impact we can have on the healthcare crisis in the United States is through workplace wellness programs, Nadeau writes. Increasing wellness should be a primary initiative for leaders today. There's a healthcare crisis in America. Viverae CEO Michael Nadeau believes the solution resides in the workplace - where people spend the majority of their day. I know that if I can get corporate leaders to embrace holistic wellness and prevention programs for their employees, that people will live longer, get help when they need it, and enjoy happier, healthier lives without illness. Time away from the office will be reduced, and so will insurance claims. Insurance costs, medicine, prescription drug costs and all the very real issues and afflictions you read about will be minimized. The net effect? Individuals benefit, corporations reduce healthcare costs and increase productivity, and everyone wins.

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