

October 1, 2012

Tune in to Wellness happenings at NEW Town Square Display!

Wellness is a part of our culture—that's why we have established a Wellness Display in Town Square that contains current information on the wellness initiatives and programs available to associates. The wellness programs focus on improving associates' well-being as well as controlling their healthcare costs and ours. The core initiatives include:

- Nutrition
- Exercise
- Knowing Your Numbers
- Weight Management
- Stress

The News and Events section will keep associates informed of important dates and activities such as exercise classes, walking challenges, biometrics, flu shots, onsite seminars—and more.

The display will also serve as a public forum for recognizing associates who have had success in their personal wellness journeys. In addition, associates wishing to take advantage of the space to share appropriate wellness-related information with other associates will be able to do that as well.

"As wellness becomes more and more a part of our culture, it's important that we not only develop engaging programs, activities and incentives for our associates, but continually find ways to make associates aware of them and encourage their participation," said **Kelley Korte**, Director, Benefits.

Most of our other locations will unveil their own wellness displays in early 2013. This is just another way that we can stay connected not only with associates at world headquarters but also with associates across the Company.

Following a Live Well lifestyle can be challenging without support—but there's plenty at American Greetings. Between the resources and tools available at AmericanGreetingsBenefits.com, and the hundreds of associates participating in the wellness programs, associates can—and should—Live Well now.

Visit [AGBenefits](#) for more information about wellness at American Greetings. We look forward to hearing from associates across the Company about ideas, comments, suggestions, success stories and information you may want to share regarding our wellness initiatives and how we can best promote a culture of wellness at American Greetings. Email us at livewell@amgreetings.com.



Join us in Town Square on Tuesday, October 2, from 11:30 - 1 p.m. for a healthy snack to celebrate the new wellness display.