



HRDC
Harden Murrumburrah Regional Development Corporation
Securing Critical Futures

HRDC – Workplace Wellbeing Program

This Australian first innovation aims to empower employers in the Harden Murrumburrah community to provide a program for their team that will improve individual wellbeing, increase engagement with physical and mental health care and increase levels of engagement at work.

The program is provided by HRDC at **no cost to you**, with the financial support of our Principal Sponsor.



The program includes:

- 15-minute introduction to the principles of wellbeing
- Delivery of an evidence base mental and physical health screening program, Workplace Tune Up (WTU). WTU provides a report to each participant with results and telephone support as required for 12 months based on their own health data
- Available at your workplace at a time that fits with you and will take no more than 60 minutes to deliver
- Access to discounted membership and services to our Local Gym



Contact us now hrdcoperations@hrdc.org.au to sign up your workplace.