

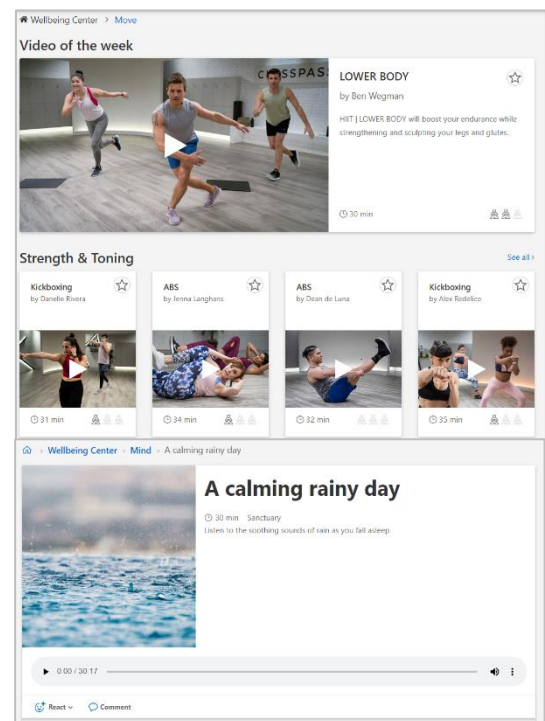
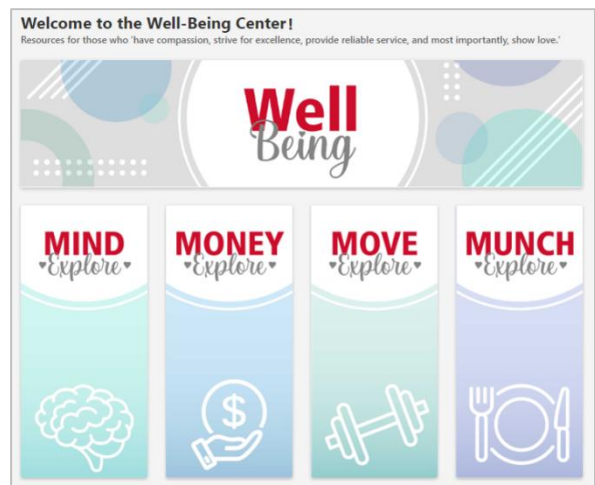
# Well Being

## Welcome to the Well-Being Center!

BAYADA's Well-Being Center helps employees along their wellness journey, every step of the way. Our center provides holistic content, education, and resources covering four key pillars of well-being—**mental, financial, physical, and dietary**—through articles, videos, and much more!

### What can you access in the Well-Being Center?

- Expert blogs, articles, healthy habits, and tips for a healthier lifestyle
- A wealth of fitness videos including yoga, cardio, strength, and pilates
- Nutritional tips, education, and thousands of recipes
- Education from financial experts and tools to help you plan for a financially sound future
- Mindfulness videos including how to handle stress and anxiety, and tools to aid soundful sleep
- Employee Assistance Program resources
- Blogs to connect with fellow employees



WE LOVE WHAT WE DO