

## **RESOURCES**

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### **Worksite Wellness Programs**

Thinking about bringing wellness to your workplace? The hard part is already done. The Small Business Wellness Initiative developed research-based wellness programs that can be delivered to employees at any worksite. We developed wellness programs that can be customized to meet the specific needs of your workplace.

For more information on the Small Business Wellness Initiative programs and to download free worksite wellness programs, visit us at: [www.sbwi.org](http://www.sbwi.org).

### **Technical Assistance**

Not sure where to begin? Our partner can help. Tarrant Council on Alcoholism & Drug Abuse can provide technical assistance in delivering one of our wellness programs or in implementing a wellness initiative in your area. Utilize our expertise to assist you in building a more productive workplace and healthier community.

For more information, contact:

*Kelly Heath*  
*Tarrant Council on Alcoholism & Drug Abuse*  
*1701 West Freeway, Suite 1*  
*Fort Worth, TX 76102*  
*(817) 332-6329, ext. 219*  
[www.tarrantcouncil.org](http://www.tarrantcouncil.org)

### **Train-the-Trainer Workshops**

Do you already have your own wellness or training staff? Are you ready to begin offering the Small Business Wellness Initiative programs to your workplace or community? Organizational Wellness & Learning Systems offers train-the-trainer workshops that will enable you or your training staff to deliver one of our wellness programs to your employees or clients. Train-the-trainer workshops are complete with training presentations, facilitator notes and employee handouts.

For more information, contact:

*Joel Bennett*  
*Organizational Wellness & Learning Systems*  
*413 Overton Terrace Court*  
*Fort Worth, TX 76107*  
*(817) 921-4260*  
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