Westgate Wellness Blog



INSPIRE

EDUCATE

SHARE

ENGAGE

FITNESS

HEALTH

MOTIVATE

INFLUENCE

CHANGE

Wellness information now available at your fingertips!

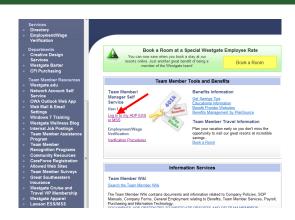
In an effort to support your journey to health and wellness, we created a blog as a resource just for you!

All team members are invited to interact and share information such as articles, recipes, and much more. Find out what's been working for team members at other locations. Check out upcoming events with our interactive calendar. Sharing information just got easier!

Stay connected for wellness challenge updates, videos, and tips from your Westgate Wellness Committee.

Some of the featured posts include:

- Encouraging Quotes
- Healthy Recipes
- Workplace Exercises
- Interactive Surveys
- Resources/Reviews
- And much more!



Click here to access the
Westgate Wellness Blog
or from our Intranet page
under Team Member Resources