



Contact Katie Squier
Telephone 845.750.1361
Email kms@squiersolutions.com
Website virtualcorporatewellness.com

FOR IMMEDIATE RELEASE
December 15, 2016

CORPORATE DROP-OUT CREATES VIRTUAL CORPORATE WELLNESS COMPANY

Offering strategic responses to low employee engagement, productivity problems and retention issues

December 15, 2016— According to a recent *TimeJobs* study, 80% of employees complain of stress at work and close to 60% have considered quitting their jobs due to stress levels that are impacting their health. [Virtual Corporate Wellness](http://VirtualCorporateWellness.com) is working to reduce this troubling trend by creating strategic wellness programs that are innovative, sustainable and benefit both executives and employees.

Recognizing that there is no one-size-fits-all approach when it comes to wellness in the workplace, Virtual Corporate Wellness develops a customized a strategy that relies on insights from the people who know the business best - you and your employees. The result is a strategic action plan that will:

- Increase Employee Engagement, Morale and Productivity (especially with Millennials)
- Save Money by Lowering Healthcare and Talent Acquisition Costs
- Reduce Sick Days and Employee Turn-Over
- Help businesses become known as one of the best places to work *and* make it home in time to have dinner with the family.

"I was in the corporate world for over 12 years and I know that generating ROI is crucial. I firmly believe that focusing on, and customizing, a corporate wellness program is one of the keys to creating and growing a company's bottom line. At the same time, I believe corporate wellness is more than healthy snacks, weight loss challenges and gym discounts. These alone will not create the desired results to elevate the bottom line or create behavior and lifestyle changes for the employees." says Alison Brehme, Founder of Virtual Corporate Wellness.

Virtual Corporate Wellness is showing its commitment by offering a [complimentary strategy session](#) to companies who are ready and willing to take corporate wellness seriously. It's an opportunity for a business to walk away with a customized wellness strategy and game plan, making corporate stress a thing of the past.

ABOUT ALISON BREHME AND VIRTUAL CORPORATE WELLNESS

Alison Brehme is the founder and CEO of Virtual Corporate Wellness. Her company is dedicated to helping businesses invest in their team so they can maximize productivity, boost profits, and become known as one of the best places to work! Corporate Wellness is a business necessity that increases employee engagement, lowers healthcare costs, and create a stress-free culture where wellness is the center. With over 12 years in corporate marketing, Alison understands both the executive side and employee aspect of corporate wellness—making her perspective unique. In addition to managing her own company, she's the Program Director at Well.org's Corporate Wellness Academy, a certification program for those interested in workplace wellness. She's also a certified nutrition coach, certified corporate wellness consultant and has an advertising degree from the University of Texas.

###