

## Health and Wellness

### *Health Conscious Today, Life Long Memories Tomorrow*

The City of Turlock is committed to investing in the well-being of its employees and their families. We are proud to offer the Seity Wellness program to improve the whole health of each person including their spirit, mind, and body. This program includes optional and confidential workplace biometric screenings as well as applications for wellness and inspiration on-the-go.

We understand that for wellness and health, everything affects everything including how we eat, exercise, play, control stress, care for our relationships, and manage our finances. Everything good we do for ourselves assists us in becoming our best self for those we love and the city we serve. Seity's innovative program inspires us live amazingly well. Living Well shapes our workplace culture and the overall health of the City of Turlock.

For more information, see [seityhealth.com](http://seityhealth.com) for this powerful program that is a benefit for the City of Turlock employees and spouses/partners.

[Seithhealth.com](http://Seithhealth.com)  
[info@seityhealth.com](mailto:info@seityhealth.com)  
209 216 3456