ChooseWell

Our theme for 2012, ChooseWell, has been designed to provide practical and useful information to employees regarding the everyday decisions to the questions that life presents to us. Monthly communications will focus on key areas of Wellness - Nutrition, Fitness, Personal Growth, and Stress Relief — to provide tips and helpful hints to ChooseWell.

MINES & ASSOCIATES

ChooseWell - Call or Vist us Online Today - 800.873.7138 - www.MINESandAssociates.com