Trucker Wellness Centers

Providing An Integrated Occupational Health and Wellness Program

• Occupational health improving the ability of a worker to function at an optimum level of well-being at a worksite as reflected in terms of productivity, work attendance, disability compensation claims, and employment longevity. Mosby's Medical Dictionary, 8th edition. © 2009, Elsevier

• Wellness is a conscious, self-directed and evolving process of achieving full potential

• Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment

• Wellness is positive and affirming