



# Bring TAC To Your Worksite!

Does your Business, big, small or somewhere in between have an **Employee Wellness Program?**

Our Health Promotion Director Mike Waters will be glad to help you plan free Employee Wellness Programs. Whether it's a monthly "Brown Bag", an annual Health Fair or a year round program plan, we can help you with your Employee Health needs.

Mike Waters has over 20 years experience planning and delivering Worksite Health Programs (Including 14 years at Hewlett Packard, Corvallis).

Many of the listed Timberhill Health Education Topics are also available for employee groups.

For more information contact Mike Waters at **757-8559** or [timberhill.mike@comcast.net](mailto:timberhill.mike@comcast.net)