



# BOOKS@WORK: CASE WELLNESS PROGRAM

## Are you looking for something different?

Would you like to know more about your colleagues?

Are you curious about ideas, life & human stories and intrigued to share yours?

Are you excited by working in an open and respectful culture that celebrates all perspectives?

## Then Books@Work is for you!

Books@Work is a three-month series of weekly lunchtime discussions with a professor, but without grades, tests or judgment.

We provide the books (you keep them) and a professor, **you bring your curiosity and your colleagues.**

It's that simple!

## What do participants say about Books@Work?

"It was like an explosion of ideas and perspectives."

"It is surprising how we can learn something new about someone we have worked with every day for years."

"Anything that brings people together to show another side of themselves builds relationships and makes work fun and easier."

"It's fun. It's interesting. You get to learn something every time."

To sign up for Books@Work at Case (or to ask questions) please contact Elizabeth Click (erc10) or Mary Ann Dobbins (mxd490). Wellness incentives apply, subject to normal guidelines.

## What do we read?

Stories of all genres and styles. This includes:

- Fiction
- Non-fiction
- Mystery
- Science Fiction, and much more...

But **not business or self-help books.**

The group weighs in on the choices, through surveys and group feedback.

## Where & When?

To find out about upcoming programs contact Mary Ann Dobbins at [mxd490@case.edu](mailto:mxd490@case.edu)

Or go to [case.edu/wellness/facultystaff](http://case.edu/wellness/facultystaff)

## Why is Books@Work a Wellness offering?

- It builds networks and opportunities to connect
- Scientific evidence demonstrates that stronger workplace ties and friendships make for healthier individuals, teams and organizational cultures!