



# BOOKS@WORK

## Case Wellness Program

### What is Books@Work?

Books@Work is a three-month series of regular literature discussions with a local college professor, but without grades, tests or judgment. We provide the books (you keep them) and a professor, you bring your curiosity and your colleagues.

### Why is Books@Work a Wellness offering?

- It builds networks and opportunities to connect
- Scientific evidence demonstrates that social connection is a crucial component of workplace wellness making for healthier individuals, teams and organizational cultures!

### Program Satisfaction (n=1,193)

**93.3%** would participate in the program again.

**91.4%** would recommend Books@Work to a friend.

**91.4%** found Books@Work worthwhile.

### What do we read?

Books of all genres and styles. This includes:

- Fiction
- Non-fiction
- Mystery
- Science Fiction, and much more...but not Business or Self-Help.

The first month, we choose a book based on the interests you share in the survey. Each following month, we offer a selection of books for you to choose from together as a group.

"University employees are often isolated by school or department and this is a tremendous opportunity to meet others around the campus."

"One of the best community building experiences I've had on campus."

- CWRU Books@Work participants



### 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)

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