

2 | ST. DAVID'S FOUNDATION**St David's
FOUNDATION****NUMBER OF LOCAL EMPLOYEES:** 47**ADDRESS:** 811 Barton Springs Road, Suite 600,
Austin**PHONE:** (512) 879-6600**WEBSITE:** www.stdavidsfoundation.org**TOP LOCAL EXECUTIVE:** Earl Maxwell**HOW IT STAYS HEALTHY**

- Paid time off for participation in wellness activities
- Fully paid medical, dental and vision premiums for employees
- Free preventive health and cholesterol screenings and flu vaccinations
- Staff participation in community walks/runs, outdoor staff meetings, onsite fitness classes, onsite shower
- Partial subsidies for fitness memberships and race entry fees
- Healthy eating demonstrations and nutrition education from local chefs, healthy snacks, and healthy potluck lunches
- Stress management program, including a wellness/meditation/lactation room, ergonomic worksite assessments, onsite chair massages, financial management classes and annual volunteer opportunities
- Monthly wellness newsletter and online wellness education resources