

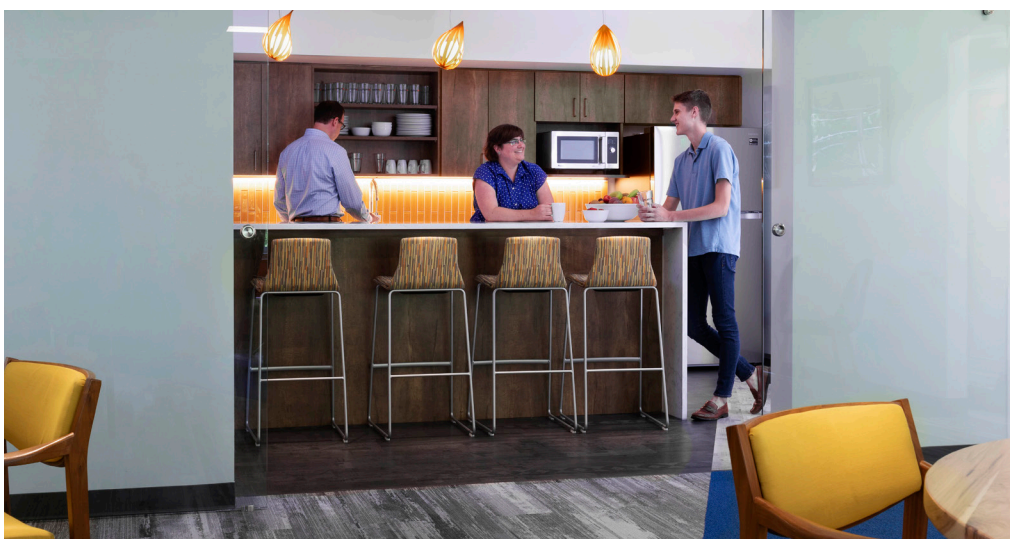
# Wellness Success Story



*This Quarter's wellness success story comes from Guidon Engineering, a veteran-owned firm based in Indianapolis, IN.*

Guidon supports the well-being of its employees in many ways. For example, last year we celebrated Employee Day at McCormick Creek State Park as a way of encouraging exercise and fitness. We also hosted Family Day at Lark Ranch, where employees and their families were able to participate in various activities, including a corn maze and pumpkin patch.

In addition to group activities, we keep our office kitchen stocked with fresh fruit and healthy snacks. We also encourage employees to take breaks outdoors at our Lightwell, where they can connect with nature and lower stress levels at any time of the work day.



Cheers to another healthy year!

If you'd like to feature a success story from your office in an upcoming newsletter, please email [wellness@aceclifehealthtrust.com](mailto:wellness@aceclifehealthtrust.com).