

## Active Employees, Healthy Workplace PKC



takes timeout for fitness.

PKC is committed to healthy lifestyles and wellness for employees. PKC offers a generous health benefits package aimed at keeping employees active and energized. They've found that reimbursements for health club memberships, flexible hours allowing for activities like running or walking during the work day, and access to Couplers - personalized healthcare software, helps foster a healthy, creative corporate atmosphere.



**Faces of Fitness**

**Dave Southwick**  
**Director, Customer Relations**

Dave takes time out for health. He makes use of the health benefits that PKC offers, but admits that taking part in an employee-planned activity like hockey is more fun. That way he doesn't miss deadline, or a shot from the blue line ...