



# Kapnick Strive is Launching at Henniges Automotive

## What's Happening?

We are excited to introduce **Kapnick Strive**, a new health and wellness benefit, designed to support Henniges's Automotive employees in achieving balance and thriving both at work and in life. Launching the **week of October 1, 2025**, this program offers a wealth of resources and opportunities designed with your well-being in mind.

## Why Participate?



Health Awareness and Education



Work-Life Balance



Stress Relief



Mental Health Boost



Healthier Habits



Increased Focus and Productivity



Enhanced Job Satisfaction

## What's In Store?

### Rewards Program

Earn Strive Reward Points and be entered into each point cycle's raffle with an **annual winner of \$500!** Healthy activities pay off!

### Engaging Wellness Challenges

Build camaraderie with colleagues through activities that encourage healthy habits and a little friendly competition.

### Expert-Led Presentations

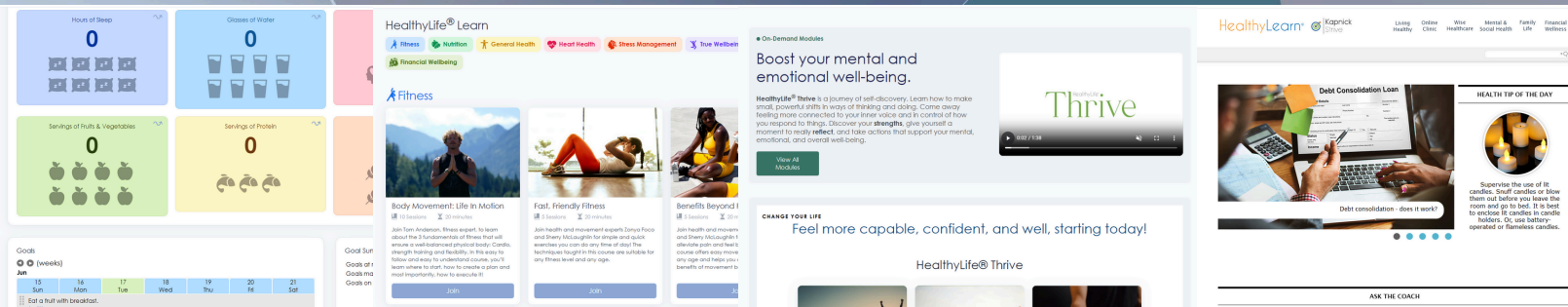
Join live sessions led by experts, offering insights and inspiration to enhance your health and well-being.

### Tailored Resources

Explore an online hub filled with tools, articles, and resources to support your journey to holistic well-being. Receive monthly newsletters to stay on track!



## Wellness Portal



# Check it out! [kapnickstrive.com/Henniges](https://kapnickstrive.com/Henniges)

## Kapnick Strive Wellness Portal

**Kapnick Strive** offers tons of **FREE health and well-being resources** at your fingertips. Healthy activity trackers, custom goal-setting tools, challenges, educational courses, articles, webinars, recipes, exercise routines, and more!



## Health Hub

Find resources to support all aspects of your health including quick links to insurance providers and benefit details.



## Strive Library

Register for monthly Strive Webinars, quarterly Meditation Moments, and access complimentary well-being guides and resources.