

Downtown Athletic Club

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TAO and Downtown Athletic Club Announce Partnership Bringing Corporate Wellness to the Tech Community

The Technology Association of Oregon (TAO) and the Downtown Athletic Club (DAC) are excited to announce their partnership to offer a unique Corporate Wellness program to TAO member companies in greater Eugene.

With health care expenditures climbing, research shows increasing interest in work-based disease prevention and health promotion as a means of improving health while lowering employee costs, improving performance at work and lowering insurance premiums.

The DAC Wellness Program takes a holistic view of an employee's physical and emotional challenges, improving well-being and performance while empowering each person to make healthy lifestyle changes. Exclusive features of the Wellness Program include:

- Educational classes, like smoking cessation and nutrition
- Personalized wellness coaching
- Full access to exercise classes
- In-club discounts
- Complimentary guest passes
- Discounted family upgrades

The DAC Wellness Program was developed with the recognition that there is no one-size-fits-all wellness solution for all companies. TAO member companies large or small in greater Eugene, can structure a custom program benefiting both employees and the business while taking advantage of discounts only available to TAO Members. Additionally, the Wellness Program is tax deductible by the company and likely an excludable fringe benefit to the employee.

"The thing I love most about technology is that it gives us data points. The hope is that the information and ease associated with technology will help improve our lives. The body and the mind process data points to the tune of 34 gigabytes a day," said On slo Carrington, DAC General Manager. "I believe the



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DAC provides a centralized nurturing environment for the human machine via health and wellness. This new relationship is a marriage of two organizations focused squarely on improving the lives of its members and strengthening our community.”

“The new TAO/DAC corporate wellness program complements our existing group health care benefit and 401k plan for employers - strengthening the benefits package local tech companies can offer their employees, helping them recruit and retain top talent. It is good for employers, employees, and another great reason to work for a tech company in greater Eugene,” said Matt Sayre, TAO Director.

About the Downtown Athletic Club

Located in the heart of Downtown Eugene, encompassing three buildings and approximately 100,000 sq. ft. of facilities, the Downtown Athletic Club is a member-based social and athletic club with classes, programs and equipment to accommodate members of all ages and of all levels of exercise experience. With quality programming, exceptional customer service, convenient amenities and free parking, the Downtown Athletic Club provides an unparalleled experience to its members with offerings beyond a traditional gym.

About the Technology Association of Oregon

Technology Association of Oregon is a local nonprofit working to build opportunities, better our economy and unify a voice for innovation in Oregon and beyond. A recognized leader in shaping and growing technology and business communities, TAO empowers businesses and entrepreneurs through networks, events, advocacy, resources and more. With over 400 member-companies, TAO’s network brings together some of the largest companies in the world, small startups, and tech-enabled companies that are using technology to drive growth and innovation. For more information please visit www.techoregon.org

