

## Wellness Interest Survey

Please check what interests you:

### Group Exercise Classes

- Yoga
- Pilates
- Walking
- Circuit

### Lunch n' Learns:

- It's in You to MOVE
- Healthy Hearts
- Eating on the Go
- Meal Planning
- Optimal Wellness Effect
- Weight Management
- Stress – Let's Break Up
- The Pursuit of Happiness
- Mental Health

### Awareness Programs:

- Onsite FUN days (Smoothie days, heathy breakfast)
- Onsite health coaching (one-on-one with a health coach)

## Wellness Interest Survey

Please check what interests you:

### Group Exercise Classes

- Yoga
- Pilates
- Walking
- Circuit

### Lunch n' Learns:

- It's in You to MOVE
- Healthy Hearts
- Eating on the Go
- Meal Planning
- Optimal Wellness Effect
- Weight Management
- Stress – Let's Break Up
- The Pursuit of Happiness
- Mental Health

### Awareness Programs:

- Onsite FUN days (Smoothie days, heathy breakfast)
- Onsite health coaching (one-on-one with a health coach)

## Wellness Interest Survey

Please check what interests you:

### Group Exercise Classes

- Yoga
- Pilates
- Walking
- Circuit

### Lunch n' Learns:

- It's in You to MOVE
- Healthy Hearts
- Eating on the Go
- Meal Planning
- Optimal Wellness Effect
- Weight Management
- Stress – Let's Break Up
- The Pursuit of Happiness
- Mental Health

### Awareness Programs:

- Onsite FUN days (Smoothie days, heathy breakfast)
- Onsite health coaching (one-on-one with a health coach)

## Wellness Interest Survey

Please check the top THREE:

- Heart Health
- Stress Management
- Weight Management
- Nutrition
- Mental Health



## Wellness Interest Survey

Please check the top THREE:

- Heart Health
- Stress Management
- Weight Management
- Nutrition
- Mental Health



## Wellness Interest Survey

Please check the top THREE:

- Heart Health
- Stress Management
- Weight Management
- Nutrition
- Mental Health

