Wellness Interest Survey Please check what interests you: <u>Group Exercise Classes</u>		Wellness Interest Survey Please check what interests you: Group Exercise Classes		Wellness Interest Survey Please check what interests you: Group Exercise Classes							
							Yoga		Yoga		Yoga
							Pilates		Pilates		Pilates
	Walking		Walking		Walking						
	Circuit		Circuit		Circuit						
Lunch n' Learns:		Lunch n' Learns:		Lunch n' Learns:							
	It's in You to MOVE		It's in You to MOVE		It's in You to MOVE						
	Healthy Hearts		Healthy Hearts		Healthy Hearts						
	Eating on the Go		Eating on the Go		Eating on the Go						
	Meal Planning		Meal Planning		Meal Planning						
	Optimal Wellness Effect		Optimal Wellness Effect		Optimal Wellness Effect						
	Weight Management		Weight Management		Weight Management						
	Stress – Let's Break Up		Stress – Let's Break Up		Stress – Let's Break Up						
	The Pursuit of Happiness		The Pursuit of Happiness		The Pursuit of Happiness						
	Mental Health		Mental Health		Mental Health						
Awareness Programs:		Awareness Programs:		Awareness Programs:							
	Onsite FUN days (Smoothie days, heathy breakfast)		Onsite FUN days (Smoothie days, heathy breakfast)		Onsite FUN days (Smoothie days, heathy breakfast)						
	Onsite health coaching (one-on-one with a health coach)		Onsite health coaching (one-on-one with a health coach)		Onsite health coaching (one-on-one with a health coach)						

Wellness Interest Survey	Wellness Interest Survey	Wellness Interest Survey	
Please check the top THREE:	Please check the top THREE:	Please check the top THREE:	
☐ Heart Health	☐ Heart Health	☐ Heart Health	
☐ Stress Management	☐ Stress Management	☐ Stress Management	
□ Weight Management	☐ Weight Management	□ Weight Management	
☐ Nutrition	□ Nutrition	□ Nutrition	
☐ Mental Health	☐ Mental Health	☐ Mental Health	





