Wellness Interest Survey Please check what interests you: Group Exercise Classes		Wellness Interest Survey		Wellness Interest Survey		
		Pleas	Please check what interests you: <u>Group Exercise Classes</u>		Please check what interests you: <u>Group Exercise Classes</u>	
		Grou				
	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	
<u>Awareness Programs:</u>		<u>Awar</u>	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)	