

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)

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