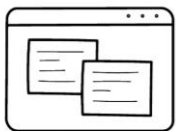




Summary of Services



Workshops & Wellness Talks

Live onsite or virtual presentations to inspire learning on a variety of wellness topics.



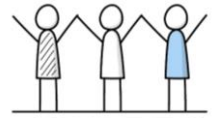
Expert Webinars

Virtual sessions by health and wellness experts with insights on various topics.



Wellness Campaigns

Online resources and activities to help employees adopt and maintain healthy behaviours.



Team Challenges

Interactive wellness challenges to help employees adopt healthy habits.



Health Coaching

Onsite, virtual, one-on-one, and group coaching designed to educate and motivate employees.



Wellness Fairs

Customized events including exhibitors, workshops, and activities to inspire wellness for all participants.



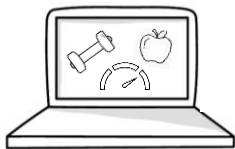
Health Promotion Events

Customized onsite events such as exercise classes, stretching demos and healthy snacks.



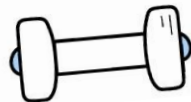
Wellness Newsletter

Monthly content including valuable insights, healthy living tips, and resources.



Employee Wellness Hub

Access to health and wellness content and personal wellness assessment



Fitness For All

Online access to 1000s of on-demand workouts including yoga, cardio, HIIT, spin, and more!



Mentorship Program

Expert guidance and support to optimize your workplace wellness strategy.

Offerings available as individual services or comprehensive program memberships. **Learn more!**