

WELLNESS

THE CHOICE IS YOURS

WELLNESS @work

Partner with wellness@work to improve your office wellness.

Presentation topics include but are not limited to:

- 5 Essentials to Wellness
- Health and Wealth
- How to Reach 100
- New Year New You
- Time Management & Balance
- Avoiding Cancer
- Detoxification

Implement wellness into your office. This complimentary offering gives us a chance to introduce ourselves to you. At the same time it is a way for you to show your employees you care! It is a thank you to your employees and gives them free education to make the choices they want for their future.

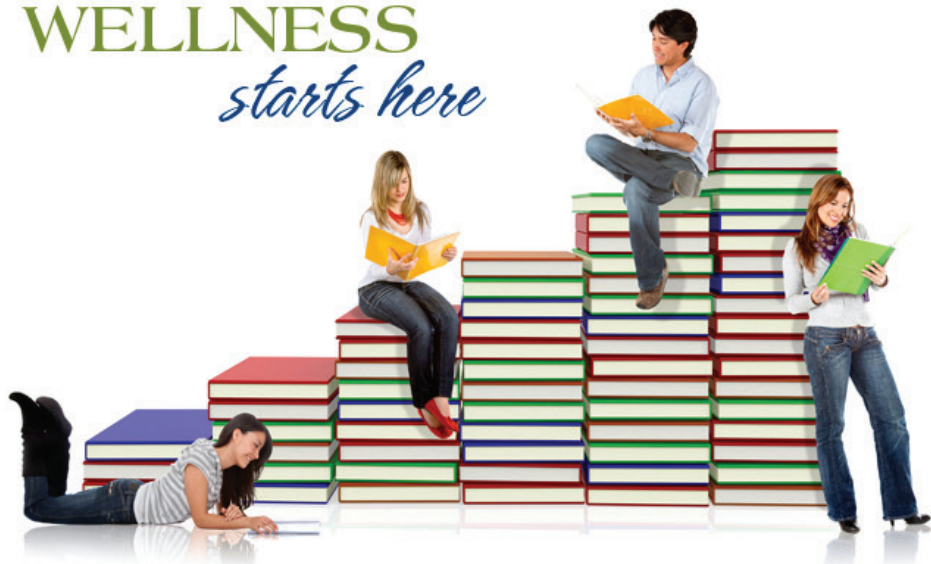
We will come on a Tuesday or Thursday and bring breakfast or lunch. Inquire about open dates.

We require a minimum of ten people in attendance.

“Who is counting on you to be your healthiest?” SPARK PEOPLE



WELLNESS
starts here



Contact wellness@work today!

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