



# Sign Up for a Free Wellness Session!



***Special offer only for Corporate Entities***

Vinay Maste, a seasoned Senior Health Coach at LIFESHAPERS and Founder of **UPGRADETOWELLNESS** invites you to a free, enlightening seminar tailored to elevate your employees' well-being.

## Vinay Maste: Your Health Mentor

Drawing from over 25 years of corporate experience, Vinay Maste comprehends the health challenges prevalent in today's fast-paced workplaces. His journey from corporate executive to health champion showcases a transformative approach to well-being.

## Why Attend Our Seminar?

- ✓ **Practical Guidance:** Gain actionable insights and practical guidelines to kickstart your team's journey towards improved health.
- ✓ **Holistic Approach:** Discover key aspects of health, including nutrition, exercise, stress management, and lifestyle adjustments, for lasting impact.
- ✓ **Free Seminar:** Sign Up for a complimentary 45-minute session, online or on-premise, to empower your team with essential health knowledge.

## Revolutionize Your Workplace: Take Action Today!

Take the first step towards a healthier workplace environment by registering for our free seminar. Equip your team with the tools they need to thrive both personally and professionally.

## About LIFESHAPERS

LIFESHAPERS is committed to empowering individuals to take control of their health and well-being. Join us in creating a culture of vitality and resilience within your organization.

**Vinay Maste**

Senior Health Coach, LIFESHAPERS

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