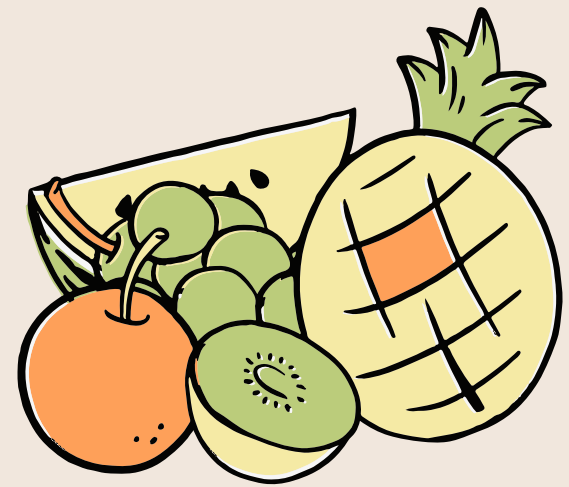








(YOUR COMPANY) WELLNESS PLAN 2026






Quarterly 60-Minute Presentation

-  **February:** Building Healthy Habits for Lasting Well-Being
-  **May:** Super Foods & Functional Foods- The Hidden Truth
-  **August:** Nutrition, Movement, and Mental Health
-  **November:** Stress Management Techniques for Workplace Resilience



Quarterly Personalized Mini-Consultations

-  (8) office hours for personalized consultations (Totaling 16 personal consultations/quarter)
-  1:1 Private Zoom Consultations in 30-Minute Increments to meet your team's individualized needs

Monthly 30-Minute Zoom Classes

-  Monthly Non-Nutrition Zoom Classes for Live or Recorded Viewing
-  30-Minute Evening Classes. Create any combination of yoga, meditation, and no-equipment HIIT (strength/cardio) classes
-  Your team may attend and gain access to 1 new class each month!

Weekly Wellness Newsletter to Your Team's Inbox Every Monday

-  How do you make wellness a priority? CONSISTENCY!
-  Weekly guidance, tips, and clarity on interesting nutrition and wellness topics straight from an evidence-based expert!

Stay Consistent

One salad won't fix habits. Building a sustainable routine will create lifelong well-being.

