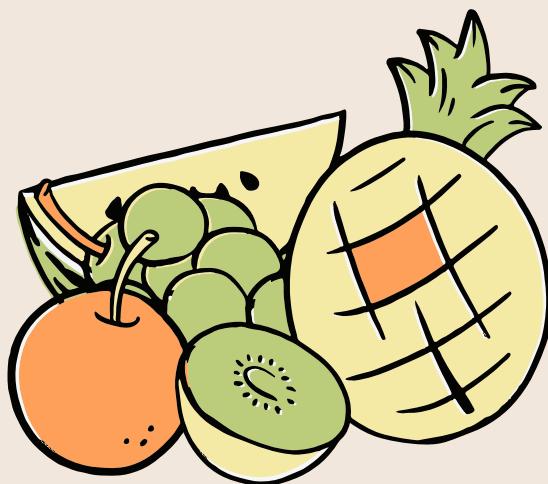


# **(YOUR COMPANY)** **WELLNESS PLAN 2026**



## **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**

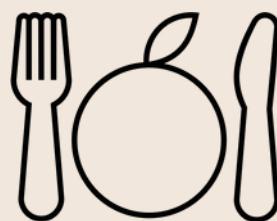
-  Monthly Non-Nutrition Zoom Classes for Live or Recorded Viewing
-  30-Minute Evening Classes.
-  Create any combination of yoga, meditation, and no-equipment HIIT (strength/cardio) classes
-  Your team may attend and gain access to 1 new class each month!

## **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.



**BEGIN  
AGAIN  
NUTRITION**