

Corporate Wellness programs are proven to be highly effective. Studies have even shown cost savings of between \$2.30 and \$10.10 in the areas of decreased absenteeism, fewer sick days, reduced Workman's Compensation Claims, lowered health and insurance costs, and improvements to employee performance and productivity. Healthy lifestyles impact every part of employee's day-to-day work which in turn impact the organizations health. Specifically, wellness in the workplace has been shown to:

- ⇒ Decrease EAP usage
- ⇒ Reduce sick leave
- ⇒ Increase morale
- ⇒ Reduce employee absenteeism
- ⇒ Improve productivity and performance
- ⇒ Reduce turnover and training costs
- ⇒ Enhance corporate reputation
- ⇒ Increase employee engagement
- ⇒ Strengthen teamwork and cooperation
- ⇒ Reduce overall stress
- ⇒ Reduce injuries

Session Topics

We offer a variety of keynote presentations that promise to be fun, engaging and informative. We are experienced speakers that inspire our audiences to make changes. We often receive encores - organizations love to invite us back! Through the expertise knowledge of a Licensed Professional Counselor and Wellness Team (professionals in health, fitness and nutrition), our presentations include topics on lifestyle, stress management and our specialty focus area of mental health and holistic wellness. Topics can also be customized to meet the specific needs of your organization. Each presentation below is 50 minutes with 10 minutes left for questions and discussion.



Lunch & Learn Packages and Pricing

- ⇒ Cost of a single Lunch & Learn is \$495.00 plus Per Diem (if applicable)
 - ⇒ The Holistic Thinking Package Includes your choice of six Lunch & Learn sessions Cost - \$2,550 plus Per Diem (if applicable) (\$425 per session)
 - ⇒ The Complete Wellness Package Includes your choice of ten Lunch & Learn sessions Cost - \$4,000 plus Per Diem (if applicable) (\$400 per session)
- *Per Diem - \$0.55/mile for anything over 20 miles, \$60/day, plus Room and Board or Total Travel Cost
*Lunch is Not Included

Living Independently For Excellence

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