

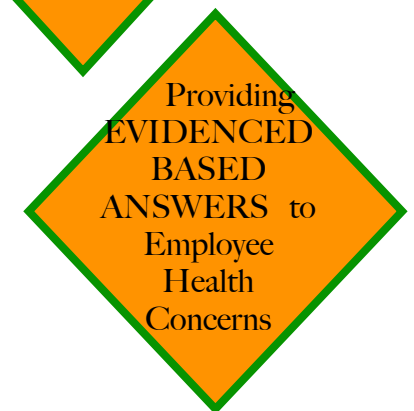
# Wellness Works for You

Custom Programs for a Happier, Healthier Workplace.

## Break For Wellness

Educational, fun and interactive presentations promoting positive lifestyle changes!

- “Top 5 Strategies for Total Wellness”
    - “Super Foods”
      - “Snacking For Disease Prevention”
        - “Reducing Stress Everyday”
          - “Cancers Weakness”
            - “Tipping The Scale”
              - “Ending Emotional Eating”
                - “Stretching For Health”
- “Strengthening Your Immune System Naturally”
  - “Mindful Eating”
    - "Introduction to Mindfulness"
      - Get In- Get Out-Get Going”
        - “Healing Herbal Care for the Cold and Flu”
          - “Breakfast for Brain Food”
            - “The Mediterranean Diet”
              - “Health At Every Size”
                - “Healthy Eating is Easy”
                  - "Let Get Real...with our food!"



Cost: \$150.00 / 30-45 minute session