Wellness Works for You

Custom Programs for a Happier, Healthier Workplace.

Break For Wellness

Educational, fun and interactive presentations promoting positive lifestyle changes!

- "Let Get Real...with our food!"
- "Super Foods "
- " Snacking For Disease Prevention"
- "Reducing Stress Everyday"
- "Cancers Weakness"
- "Tipping The Scale"
- "Ending Emotional Eating"
- Carb Cycling 101
- "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
- " Top 5 Strategies for Total Wellness "

NEW:
"Re-Energize Your Workplace"
Fen Shui tips to balance energy in your workspace.

Providing EVIDENCED BASED ANSWERS to Employee Health Concerns