ACTIV LIFE PRESENTS

Work Wellness

A THREE-HOUR PROFESSIONAL GROWTH EVENT

WHAT IS IT?

From 11:00 AM to 2:00 PM, Activ Life will host six 20-minute interactive seminars in the office, covering six wellness topics from our unique *Work Wellness* program. These sessions are open to all staff and can be attended around work schedules.

TOPICS TO SELECT FROM INCLUDE:

- breathing techniques
- scheduling wellness breaks
- desk yoga exercises
- posture & ergonomics
- circulation boost
- practicing yoga at home
- easy nutritious recipes
- singing bowls
- meditation
- sleep training
- stress management
- types of rest
- mindfulness in daily work
- energy management
- time management
- emotional resilience tools
- digital wellness
- healthy lifestyle choices
- work-life balance
- purpose & motivation

WHY IS THIS IMPORTANT?

Evidence-based results shown to improve the health, engagement and long-term performance of employees and the organisation.

INVESTMENT

CI$1,500

Activ Life's *Work Wellness* program is designed to give employees short, impactful daily practices for improving circulation, moving more, reducing stress, eating healthier, and maintaining mental clarity.

Sessions are practical, interactive, and require no special equipment. Find all 15-minute classes in our Online Studio. Share your progress by tagging @theactivlife. Monthly corporate subscriptions available.

Wellness that works — right in the office.
Questions? Contact louise@theactivlife.com

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