



CORPORATE WELLNESS PRICING

- First Wellness Consultation FREE!
- Wellness Program Assistance with Design \$30/hour
- Group Exercise Classes on Site..... \$30/class

Classes 45 minutes long. Must have 15 minutes between classes if doing more than one in a row.

- Body Composition Testing on Site..... \$5/person

Must have at least 5 people signed up!

- 30 Minute Lunch and Learns..... \$20
- 60 Minute Health Presentation..... \$30

Presentations and Lunch and Learns can be designed based on company's needs. Some examples of possible topics include: stress management, stretching, weight management, reading food labels, healthy eating tips, exercise tips, financial wellness, know your numbers—what do they mean? (healthy ranges for BMI, BP, cholesterol, etc.), disease prevention, self-care, skin-care, proper lifting techniques, plus many more! If you see something not listed, just ask and we will find a way to make it happen!

- Personalized Monthly/Seasonal Wellness Emails\$10/Mass Email

Can be designed to target certain at-risk audiences. Company responsible for providing employees' emails per their consent.

- Monthly/Seasonal Wellness Newsletters \$10/Issue

This provides company with an electronic version of the newsletter. If they are wanting us to print the newsletters, we will charge \$10 plus \$0.25 per color copy.

- Chair Massages\$10 for 10 minutes

Schedule a 2-3 hour time block, once or twice a month for employees to set chair massage appointments. Massages will be given on the 15 minute mark and must be scheduled 24 hours in advance. Other options available upon request.

Any materials or supplies needed and marketing/promotion will be responsibility of company.

Assistance can be given on ways to promote programs.