

**What is Your Wellness Strategy?**

GoodLife Workplace Wellness is the “one-stop” resource for all your organizational health and wellness needs. Our services ensure that your wellness strategy is engaging, effective, and sustainable. Whether you are just starting out or looking to add elements to your existing program, we’re here to help.

**Wellness Consulting**

GoodLife’s Workplace Wellness consulting services help organizations develop their own home-grown solution for a healthier, more productive workplace. Our range of programs in combination with our expertise assist corporate clients plan and implement effective workplace wellness strategies.

**Programs & Services**

We work with our partners to ensure that your wellness program is strategically aligned with your business objectives. We have solutions to educate, inspire, and support your employees to maximize their health, energy, and performance.

Educational Workshops	Massage Services	Group Fitness Classes	Meditation Classes
Health Screenings	Nutritional Counseling	Flu Prevention Clinics	Web-Based Wellness Portals & Programs

**Educational Workshops**

Our wide-range of 50+ workshop topics help to raise awareness about health issues and motivate the adoption of healthy lifestyle behaviours by employees. Each one-hour workshop is presented by a subject-matter expert.

**Group Fitness Classes**

GoodLife Workplace Wellness brings fitness classes right to your right to your doorstep. Our highly-trained and engaging staff lead programs right in your workplace or wherever your staff are located. Options include:

Bootcamp/HIIT/Interval Training	Zumba, Strong by Zumba	Stretch & Breathe Sessions
Energizing Stretch Breaks	Yoga	Pilates
<b>Les Mills Premium</b> fitness classes including BODYFLOW, BODYCOMBAT and BODYATTACK ***Les Mills licensing fees will apply - Non-equipment classes only***		

### **Meditation Classes**

Practicing meditation can help us calm our mind, improve clarity and focus and let go of stress. Consider weekly meditation instruction as part of your employee development program.

### **Health Screenings**

These confidential services are available across Canada. Individual counseling is provided to the employee based on their personal screening results.

### **Onsite Massage Services**

Our team of registered massage therapists and certified massage practitioners provide relaxation, muscle and headache tension release and the reduction of stress. Chair massage or roaming massage.

### **Online Wellness Challenges**

By creating your own company portal, you can offer your employees a number of interactive fitness and health challenges. Using technology in your wellness strategy is a great way to include remote workers as well as create a sense of community throughout the organization with healthy competition and interactive features.

### **Wellness Bundles**

Grouping several wellness programs offers employers the opportunity to create and customize their wellness strategy. A selection of bundles are available to kick start your program planning. Contact us to discuss which options work best for your organization.

**Whether your organization is in the early stages of developing its wellness programming, or pursuing a more comprehensive strategy, Workplace Wellness is your national “one-stop” wellness provider!**

**Contact us today!**

**GoodLife Workplace Wellness**

**[www.goodliffeatwork.com](http://www.goodliffeatwork.com)**

**1 (833) 277-4306**