



## For TeamsTownhalls

A healthy lifestyle education curriculum designed to motivate and unite team members around achievable goals that propel them towards their highest aspirations and performance.



### TOWNHALLS

Repair, recover and renew by leveraging thoughtful discussions and townhalls led by our executive consulting team.

#### WELCOME BACK

Rebooting health resiliency

#### WE ARE NOT OKAY

The pandemic and its consequences

#### ADDRESSING BURNOUT

Moving from languishing to thriving

#### DESTRESS & BEST SLEEP

Coping with stress, achieve quality sleep

#### DETOX & HEALTHY WEIGHT

Preventing diabetes and heart diseases

#### HORMONE BALANCE & ANTI-AGING

Menopause and andropause, health and work performance

Fees: Customized based on needs

[CONTACT US FOR A CONSULTATION](#)