



## For Teams Townhalls

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.

### MAXIMIZE HEALTHSPAN & LIFESPAN

Unlocking a longer, healthier life

### 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