

# Is your team exhausted and stressed?

*If their health is an important priority, let us create a wellness plan for you!*



**NORTHWEST PERSONAL TRAINING**

## **WORKPLACE WELLNESS**

**It is easier than ever!**

Many employees often feel stressed, anxious, burned out, and exhausted trying to juggle work, child care and various other challenges. If you are looking for ways to support your employees, we can conduct health talks, fitness challenges, workplace workouts or energy breaks, meditation sessions and/or full body strength, yoga or stretching sessions. Let us help you improve your employees' health while improving productivity, reducing sick time and healthcare costs and increasing job satisfaction.

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