

Healthy Workplace Month

September 29 - October 26 2008



FALL '08 WORKSHOPS

• LIFE / WORK BALANCE

Help your employees define a healthy balance with home and work life.

• STRESS MANAGEMENT

Help your employees deal with stress and also learn to prevent stress !

• LIFESTYLE COOKING

Healthy lifestyle cooking is fun and easy when you learn to make it that way!

DEVELOPING A WELLNESS

• CULTURE

Cultural change requires the aid of our strategy and humour in a custom workshop.

...WITH FITNESS PROGRAMMING OPTIONS

GET BALANCED WELLNESS SOLUTIONS FOR SMALL AND MEDIUM SIZED COMPANIES

Corporate Wellness Group is pleased to offer a new series of **fun and engaging workshops** designed for the SMB marketplace.

Delivering **high touch and high reach** programming is what we do best!

To kick off **Healthy Workplace Month** we are offering a combined half day workshop format for companies which currently do not have a workplace wellness strategy in place.



Our workshop delivery is unique, utilizing a proprietary platform and repertoire developed by **Corporate Wellness Group** and **The Second City Communications**.

We guarantee fun and engagement for all participants!

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corporate
wellness
group

balance achieved™

