

Support Your Team's Well-Being

Short, guided sessions to fit into your workday.



5–15 Minutes | Unwind Time

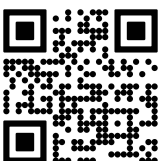
- **HeartMath® for Huddles:** Learn and practice this technique to improve mood and energy.
- **Progressive Muscle Relaxation:** Guided tensing and releasing techniques to reduce muscle tension.
- **Stretch and Flex:** Gentle stretches and breathing exercises to support flexibility and focus.
- **Tabata or Cardio:** Short, high-intensity interval exercises to boost energy.

15–20 Minutes | Wellness Roundtable

- **Establishing a Sleep Routine:** Learn practical habits to improve sleep quality.
- **Blood Pressure:** Daily strategies to support healthy blood pressure.
- **Kindness: The Social Contagion:** Explore how kindness strengthens connection and well-being.

30 Minutes | Health Education Workshops

- **HeartMath® 101:** Learn practical tools to manage stress and restore energy using the HeartMath® Quick Coherence technique.
- **Meditation Workshop:** Learn meditation basics and practice guided techniques to reduce stress and improve focus.
- **Emotional Resilience 101:** Build skills to cope with life's challenges and strengthen resilience.
- **Well-Being and YOU!:** Explore strategies to support physical well-being and reconnect with your body.
- **Building Positive Relationships and the Effect on Your Health:** Learn how strong relationships impact physical and emotional health.
- **Financial Well-Being: Where to Start!:** An introduction to financial well-being and planning for the future.



Request Your Event Today!

Scan or click the QR Code to get started.
Please allow five days for your event to be scheduled.
Once your event is confirmed, share it with your team!