

# MENU OF OFFERINGS

## ON-SITE



## Activities

- Fitness Classes
  - Yoga
  - Pilates
  - Strength and Stretch
  - Kickboxing
  - Self-Defense
  - Zumba
  - Bootcamp
  - Cross Training
- Mindfulness/Meditation
- Individual/Group Health Coaching
- Stretching Session
- Flu Vaccine Clinic
- Mammogram Buses
- Heath Fair
- Stress-Relief Day
- Wellness Day
- Ergonomic Desk Review
- Group Health Challenges
- Cooking Demonstrations
- Meal Planning
- Personal Fitness Programming
- Smoking Cessation Program
- And much more

## Education

- Lunch and Learns/Seminars:
  - Topics include:
    - Nutrition
    - Physical Activity
    - Financial Wellness
    - Mindfulness
    - Work/Life Balance
    - Preventative Care Screenings
    - and much more

## Screenings

- Biometric Screenings
- Health Risk Assessment
- Hearing Screenings
- Vision Screenings
- Retinal Screenings
- Skin Screenings
- Angioscreening
- Bone Density Screenings