

Wellness Watch On-Demand

Monthly Seminars – 2026

Boost Employee Wellness with **GoodLife’s 30-minute On-Demand Monthly Seminars**

1 month of unlimited viewing for your team members

Seminars \$499.00 + tax each for 4 weeks’ recording access in both English and French	
<p>March</p> <p>Available for the month of March, 2026.</p>	<p>Seminar: Spring Into Healthy Eating with Lisa Tsakos and Sara Tarek</p> <p>How many of us could benefit from adding more fruit and vegetables to our diet? Join us as we navigate the benefits of seasonal eating and better understand the nutritional value of greens. Be inspired by simple ways to incorporate these health boosting foods into your meals with simple make-ahead sauces and dressings. Learn to grow your own herbs and sprouts and enjoy a Spring Rolls recipe on the handout.</p>
<p>April</p> <p>Available for the month of April, 2026.</p>	<p>Seminar: The Natural Path to Wellness: Well-being with Nature with Nathalie Lacombe</p> <p>In a world full of wellness trends promising the next quick fix, it’s easy to feel overwhelmed. Sometimes, the key to mental wellbeing lies in something as simple as immersing yourself in nature. Join us in this seminar as we explore the healing practices of forest bathing, grounding, and mindful sun exposure—natural, accessible tools to reconnect with your body, mind, and the Earth. Discover how immersing yourself in the natural world can reduce stress, improve mental clarity, leaving you feeling energized, and balanced in today’s fast-paced world.</p>
<p>May</p> <p>Available for the month of May, 2026.</p>	<p>Seminar: Stress and Tension Tamers with Renée Purdy</p> <p>Everyone’s perception of stress is different – what motivates one person might be terrifying to the next. And, in a similar manner, everyone responds differently to the wide array of coping strategies that are available. So, having a variety of tools and techniques available in your personal “stress management toolbox” becomes very important when life throws you a curveball. This interactive workshop explores the warning signs of stress overload and offers practical strategies to help you “tame” the tension</p>

- **Flexible:** Accessible 24/7, allowing all employees to learn at their own pace, with seminar handouts provided
- **Inclusive:** Content available in both English and French
- **Expert-Led:** Learn from Subject Matter Experts

Contact us for more information: workplacewellness@goodlifefitness.com