



# May is Mental Health Month

Let's work together to support mental health across your organization!

<p>Select <b>ONE</b> Wellness Seminar Or see Wellness Seminars List*</p>	<p>Select <b>ONE</b> Fitness Class Or see Fitness Class List*</p>
<p>Stress Management in the Moment Managing Stress in the Workplace Mental Wellness at Work: moving beyond stigma Stress, Anxiety and Depression Psychological Health and Well-being</p>	<p>Yoga Guided Meditation Seated Desk Yoga Stretch and Breathe Flex &amp; Flow</p>

**\$695.00 +tax**  
(savings of over \$100)

Seminar and class to be booked within 6 months of purchase.  
Services can be facilitated in person or virtually.

Contact us to purchase now: [workplacewellness@goodlifefitness.com](mailto:workplacewellness@goodlifefitness.com)

Ongoing offer between February 1, 2026 – May 31, 2026.  
Offer expires May 31, 2026.

**GoodLife**  
WORKPLACE WELLNESS