

# Mind & Motion

Inspire healthier, happier workplaces with wellness resources that make a difference.



Pick, participate, and prioritize your well-being.

Select **ONE** Wellness Seminar  
Or see Wellness Seminars List\*

Select **ONE** Fitness Class  
Or see Fitness Class List\*

Working Smarter:  
Productivity and Work-Life Enhancers  
Wellness for Shift Workers  
Thriving in the Hybrid Workplace:  
Mastering Success and Wellness  
Managing Stress in the Workplace

Yoga  
Zumba  
Stretch & Breathe  
Workday Stretching

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

Seminar and class to be booked within 6 months of purchase.  
Services (both seminar & class) can be facilitated in person or virtually.

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

Ongoing offer between August 1, 2026 - November 30, 2026. Offer expires November 30, 2026.

**GoodLife**  
WORKPLACE WELLNESS