

Wellness Watch On-Demand

Monthly Seminars - 2025

Boost Employee Wellness with **GoodLife's 30-minute On-Demand Monthly Seminars**
1 month of unlimited viewing for your team members

\$499.00 + tax each for 4 weeks' recording access in both English and French	
February	<p>Heart Healthy Habits for Longevity and Healthspan with Nathalie Lacombe</p> <p>We are living longer, but are we living healthier? Adding life to our years is decades in the making and means decreasing our risk of chronic diseases such as heart disease, and enjoying all the activities we love for as long as possible. Prevention starts with knowing your risk. Learn heart healthy habits to begin at any age that have the greatest positive impact not only on lifespan, but also on healthspan.</p> <p style="text-align: center; color: red;">Available for the month of February, 2025.</p>
March	<p>Brain Foods and Stress Solutions with Lisa Tsakos and Sara Tarek</p> <p>Unlock the potential of your diet to boost brain function and manage stress effectively. This seminar explores the science behind food combinations and their impact on cognitive performance and stress response. Discover how specific foods influence brain health, and learn practical strategies to harness their benefits. Gain insight into the physiological effects of stress, including its impact on digestion, and understand which foods can either exacerbate stress or support the endocrine and nervous systems.</p> <p style="text-align: center; color: red;">Available for the month of March, 2025.</p>
April	<p>Can't Stay Motivated to Workout? You're not Alone and we can Help! with Nathalie Lacombe</p> <p>Despite their best efforts, 50% of those who begin an exercise program drop out within the first 3 months. It's incredibly difficult to stay motivated and trying to choose the best type of exercise can be overwhelming. Don't be discouraged! We'll share winning strategies that include how and when to rely on sheer motivation to achieve your fitness goals.</p> <p style="text-align: center; color: red;">Available for the month of April, 2025.</p>

- **Flexible:** Accessible 24/7, allowing all employees to learn at their own pace, with 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