

# 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**

<b>February</b>  <b>Available for the month of February, 2026.</b>	<b>Seminar: Heart Disease: What You Need to Know and Do with Renée Purdy</b> Heart disease is a killer ... but it doesn't have to be. Prevention starts with knowing your risk. Almost 80% of premature heart disease and stroke can be prevented through healthy behaviours. That means that habits like eating healthy, being active and living smoke-free, have a big impact on your health. But what do you do when you or someone else may be experiencing a heart attack or cardiac arrest? Do you know what to do? This seminar will take a look at the risk factors for heart disease, signs and symptoms that we all should be familiar with and what to do in a cardiac emergency.
<b>March</b>  <b>Available for the month of March, 2026.</b>	<b>Seminar: Spring Into Healthy Eating with Lisa Tsakos and Sara Tarek</b> 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.
<b>April</b>  <b>Available for the month of April, 2026.</b>	<b>Seminar: The Natural Path to Wellness: Well-being with Nature with Nathalie Lacombe</b> 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.

- **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](mailto:workplacewellness@goodlifefitness.com)