

# 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

Seminars \$499.00 + tax each for 4 weeks' recording access in both English and French	
<b>November</b>	<p><b>Seminar: Deskercise with Nathalie Lacombe</b></p> <p>The term deskercise refers to exercise that can be performed throughout your workday and even from your desk. Sitting for long periods of time during the day is detrimental to your health. Prolonged sitting can impair the body's ability to deposit fat, interrupt the functioning of HDL (the healthy cholesterol), and increase one's risk for cardiovascular disease. So even if you work out regularly, adding short bouts of cardiovascular, strength, and stretching exercises throughout the workday will help reduce sedentary behaviour and improve fitness levels.</p> <p><b>Available for the month of November, 2025.</b></p>
<b>December</b>	<p><b>Seminar: Holiday Season Stress Management with Nathalie Lacombe</b></p> <p>Thanksgiving through to and past New Years is typically considered the 'festive season'. Not only are the holidays a difficult time to watch what you eat and stick to a consistent schedule of workouts, it is harder to be healthy in wintertime. Short, grey days, and colder weather are generally enough to drive even the most optimistic of us into a bit of a funk. Add to that the festive season shopping, cooking and social gatherings and you have the perfect mix for seasonal stress. This session explores some strategies that will help ensure that you maintain good health and foster physical and mental resilience all holiday season long.</p> <p><b>Available for the month of December, 2025.</b></p>

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

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