

Healthy Workplace On-Demand Support Package

GoodLife FITNESS®

Help keep your employees feeling
their best wherever their workplace may be.

GUEST PRESENTERS & TOPICS

WELLNESS SEMINARS



Nathalie Lacombe

M.Sc. & Corporate
Wellness Speaker

**The Habit Formula:
How to Create Positive Change
Without Feeling Overwhelmed**



Kirstin Schell

RHN, PT,
Quebec Naturotherapist

**Biohack your Best Life:
Science-Backed Strategies for
Peak Wellness and Success**



Lisa Tsakos

RHN & Corporate
Wellness Speaker

**Eat Well, Spend Less,
Waste Nothing**

FITNESS CLASSES



Raquel Miller

Group Fitness Instructor,
GoodLife Fitness
Low Impact Strength



Léon Landry

Group Fitness Instructor,
GoodLife Fitness
Yoga/Meditation



Marie-Eve Ricard

BPhEd & Group Fitness Instructor
Dance



Lise Eisenschmid

Group Fitness Instructor,
GoodLife Fitness
10-Minute Stretch

Healthy Workplace On-Demand Support Package Price: \$1499 + tax

Registration includes unlimited access and participation in all on-demand sessions October 1 – 31, 2025

EARLY BIRD SPECIAL

Register by September 23: save \$200 – GOODLIFE Corporate Partners save an additional \$50 – **\$1249 + tax**

REGISTER NOW

GoodLife
WORKPLACE WELLNESS

For more information, email us at GoodLife Workplace Wellness

Please note: the information provided by GoodLife Workplace Wellness is educational in nature and not prescriptive. GoodLife does not accept liability for any health condition caused by this educational material. It is the individual's responsibility to make educational decisions and create their own course of action. The Healthy Workplace On-Demand Support Package recordings are available from October 1-31, 2025, at 11:59 EST.