

Wellness Watch On-Demand

Monthly Seminars & Classes - 2025

Boost Employee Wellness with **GoodLife's 30-minute On-Demand Monthly Seminars, 15-minute On-Demand Monthly Classes**
1 month of unlimited viewing for your team members

Seminars \$499.00 + tax each and Classes \$149.00 + tax each for 4 weeks' recording access in both English and French	
July	<p>Class: Bend & Breathe Bliss with Marie-Eve Ricard</p> <p>This lively stretch class combines gentle movements with playful exercises to improve flexibility and relieve tension. It's an upbeat way to unwind, enhance mobility, and boost overall well-being.</p> <p>Available for the month of July, 2025.</p>
August	<p>Class: Power Boost with Marie-Eve Ricard</p> <p>Energize your body and shake off fatigue with these motivating muscle moves. Engage your day with energy, strength and fresh self-assurance.</p> <p>Available for the month of August, 2025.</p>
September	<p>Seminar: Life Balance and Happiness with Renée Purdy</p> <p>Life balance and personal happiness do not necessarily depend on earning more money and being successful at work or in business. Other things can have a much bigger impact on our well-being. This seminar explores how our age and "life stage" affect what makes us happy and balanced, as does our personality, our upbringing and life experiences. Life balance is ever-changing and there is no single model that is right for everyone.</p> <p>Available for the month of September, 2025.</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

Contact us for more information: workplacewellness@goodlifefitness.com