

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 | |
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| 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> |
| May | <p>Stress Management in the Moment with Colin O'Brien and Renée Purdy</p> <p>An important first step in a personal stress relief plan is to have one or two quick stress relief strategies that can help you relax your body or de-stress your mind in order to reverse your body's stress response so that you can think clearly and avoid the negative effects of chronic stress. This fun and highly interactive seminar explores the different types of stress and intervention strategies. It offers coping-skill development through a series of personal stress reducing activities that can be accomplished in 1-minute. These stress-relief activities, once mastered, should enable you to de-stress quickly so that you can move on with renewed clarity and energy.</p> <p style="text-align: center; color: red;">Available for the month of May, 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