

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	
May	<p>Seminar: 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>Available for the month of May, 2025.</p>
June	<p>Seminar: Exercise in Warmer Weather with Luke Woolliscroft and Marie-Eve Ricard</p> <p>You waited all winter for summer to arrive, dreaming of all the activities you could do if only the weather was nice. But now that warm weather has arrived, the extreme heat and humidity can make it difficult to spend any time outdoors— let alone exercise. While exercising in the heat is generally safe for most people, taking a few extra precautions will help you stay cool and prevent problems associated with the heat.</p> <p>Available for the month of June, 2025.</p>
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>

- **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