



# CORPORATE WELLNESS SOLUTIONS

## WAKE UP, SHAKE UP & THRIVE

Empowering employees to boost energy, reduce stress, and improve overall well-being—one small shift at a time.

### THE PROBLEM

- Absenteeism and presenteeism cost U.S. companies \$1,685 per employee annually.
- Stress, fatigue, and chronic health conditions reduce productivity and engagement.
- Employees want wellness solutions, but participation rates are low without the right structure.

### OUR SOLUTION

Our Wake Up, Shake Up & Thrive program makes wellness simple, engaging, and actionable. Through workshops, interactive challenges, and follow-up resources, employees learn quick, effective ways to increase energy, improve mental focus, and build healthier habits—without disrupting their workday.

### PROGRAM OPTIONS

Program	Format	Ideal For
Wake Up, Shake Up & Thrive	60–75 min keynote-style workshop	Kickoff events, team inspiration
Micro-Workshops (Stress, Energy, Nutrition)	30 min	Lunch & learns or team breaks
Onsite Health Coaching	Built to fit	Aligns with company priorities & culture
Customized Solutions	Built to fit	Aligns with company priorities & culture

## Ready to wake up your workplace?

Let's explore a customized wellness solution for your team.

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