

# Wellness for everybody



We customize experiences that employees will be excited to explore and engage in, like energizing workouts and stress-reducing sessions, all from the most inspiring instructors and experts.



Our dedicated Concierge team creates a bespoke experience and does all the heavy lifting from start to finish line.

[Learn more](#)

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# Sweat

These classes include fitness for all levels and are led by certified instructors. Mats, towels, and water are recommended for classes along with comfortable clothing for working out. No weights or equipment is required.

## Yoga

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This 45-minute open-level flow class focuses on alignment to get participants' blood flowing with some gentle stretching.

## Yoga Nidra

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The yoga of sleep and effortless relaxation in a 30-min webinar. Participants should have enough space to lie down with pillows, blankets, or bolsters for props.

## Barre/Pilates

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Using a desk or kitchen chair as a barre, this 45-minute fast-paced class focuses on strengthening and lengthening the body.

## HIIT/Bootcamp

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This 50-minute cardio and strength class, is safe for all fitness levels, incorporate some fun team building and friendly competition.

## Stretch

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Participants enjoy a 20-minute stretch session designed to help them recover and restore muscles while enhancing flexibility.

## Dance Cardio

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This 50-minute high-energy dance class incorporates upbeat music with easy-to-learn choreography to burn calories and let loose. All levels are welcome.



# Nourish

These classes give an overview of nutrition trends and healthy eating strategies that are easy to incorporate into daily life. Each 60-minute session includes Q&A and is led by a certified nutritionist or registered dietician.

## **Mindful Eating Strategies**

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Topics covered in this class include how mindful eating enhances metabolism and pleasure as well as ways diet impacts relaxation, stress, and weight. Inner awareness practices, strategies to overcome negative thoughts that keep participants stuck in unhealthy food patterns, and insights on how to make empowered choices with food are also covered.

## **Demystifying Nutrition Trends**

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A certified nutritionist breaks down top food trends separating fact from myth and teaches participants how to determine what nutrition trends are truly right for them. Trends covered include Whole 30, Paleo, and Vegan.

## **A Sweet Life with Less Sugar**

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A class that examines the effects of sugar on the brain, how to break “addiction” to sugar, and tips on how to curb “stress eating” related to spikes in blood sugar levels are covered.

## **East This Not That**

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This fun class shares tips and tricks on easy food swaps for dining out, ordering in, or cooking at home that will help participants make their diets healthier.

## **Herbology 101**

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A guided class on herbs for relaxation, boosting immunity, balancing mood, and energy



# Nourish

These classes give an overview of nutrition trends and healthy eating strategies that are easy to incorporate into daily life. Each 60-minute session includes Q&A and is led by a certified nutritionist or registered dietician.

## Everyday Energy

Are you wondering... why am I so tired all the time? Feel totally fatigued at 3pm? Are you a caffeine junkie running on coffee all day? Learn practical ways to stay energized all day. Get inside tips on what foods are stealing your energy and what foods will power you through the day!

## Everyday Detox

Learn how to cleanse your body everyday with common foods and spices found in your kitchen. Gain knowledge about how to support your liver, intestines and gut through eating foods available in the grocery store and simple recipe ideas.

## Brain Boost

Do you have brain fog? Feel like you can't concentrate? Want to optimize your brain for productivity? Learn what factors go into brain health and how to optimize your diet to boost your cognition. Learn what foods drain your brain and which ones boost those neurons! Receive practical tips on how to support healthy eating habits at work and at home. Plus, we'll discuss other lifestyle factors like stress that can be knocking down our noggin.

## Anti Inflammatory Foods

Learn about nourishing foods that can help cool chronic inflammation! Join a certified Holistic Nutritionist in discovering healing foods, lifestyle practices and practical tips to holistically support your body's inflammatory response. Inflammation is part of a healthy body's immune response, however, we get into trouble when the inflammation moves from being acute to chronic.



# Nourish

These sessions are focused on seasonal eating topics. Eating seasonally helps promote nutritious meals and supports a healthy environment.



## **Boost Your Immunity**

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In this 60-minute webinar, participants will learn effective ways they can boost their immunity. Common causes of weakened immunity such as stress, lack of sleep, & unhealthy eating habits are all culprits. Simple recommendations will be shared for nutrition, superfoods, & supplements, along with stress-reducing techniques, and exercises that have been proven to help boost immunity.

## **Healthy Holiday Eating**

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The holidays are an especially stressful time. Managing work and family coupled with any level of uncertainty and anxiety can lead to stress or comfort eating while gathering with family and friends often during the holiday season leads to overindulging in food and alcohol with little time for self-care. In this 60-minute webinar, a health coach and nutritionist, will lead participants in a mindful eating strategy for the holidays that allows for taking part in the festivities, reducing stress, and enjoying the holidays healthfully.



## **Spring Clean Your Nutrition**

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Spring is the perfect time to refresh and reboot after the cold, winter days. Cleaning up your nutrition is one of the best ways to align with spring and get back on track. In this 60-minute webinar, a nutritionist and health coach will cover topics on how to effectively recommit to a cleaner nutrition program and explain why Spring is a great time for a nutrition reboot. The class discusses whether cleansing is a safe choice and if there are better, safer alternatives to cleansing without feeling deprived, along with tips and tools on how to keep eating clean with more sustainability long term.



# Nourish

## Zero Waste Kitchen

Learn to easy and delicious ways to reduce waste in your kitchen! Join a Holistic Nutrition Consultant in learning top food sustainability secrets and recipes during this 45-minute session. Get tips on how to use all parts of your food for different purposes, easy eco DIY projects and pantry hacks!

## Sustainable Nutrition: Eating Healthy for You and the Planet

In this 60-minute webinar led by a nutritionist and health coach, participants will learn how to create long-term healthy eating habits and lifestyle shifts that support their bodies without severe restrictions and dieting while supporting the planet. Participants will learn:

- How to create a more sustainable nutrition plan that includes grocery shopping, meal prepping, and planning
- How to create meals that support you and your health goals
- Why it's important for you and the planet to include more plant-based protein in your diet
- How to be more sustainable at home including; how to grow your own food, composting, and storing/freezing herbs and greens as a way to reduce waste

## Nutrition For Busy Professionals

In this 60-minute session led by a certified health coach, participants with busy schedules will learn quick and efficient ways to eat healthier even when they're constantly on the go. An overview of what happens to metabolism, blood sugar, and energy levels during times of stress and overwhelm as well as how to regulate them will be discussed. Participants will leave with creative, healthy, and easy ways to make healthier food choices, meal prepping, and planning to set themselves up for success.



# Thrive

Thrive classes include a range of topics such as mental & emotional health, stress management, financial wellbeing, and parental coaching. Classes are 60-minutes.

## **Burnout to Resilience**

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In this session, a certified health coach teaches participants about the causes and symptoms of stress-related burnout and shares simple, effective strategies they can use to combat burnout and enhance their resilience.

## **Parenting Support**

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This session, led by a parenting coach, provides practical tools and strategies parents can use to navigate change, manage stress, and set schedules for their children and themselves that actually work. Parenting Support sessions can be customized for your teams.

## **Financial Wellbeing**

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Financial stress impacts mental and emotional health, as well as physical wellbeing. This seminar, led by a financial expert, will help participants develop a strategy for their personal finances.

## **Sleep Health**

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In this 60-minute session, led by a sleep health expert, participants will learn strategies they can implement to help them get a good night's sleep. Topics include the importance of establishing and following a nighttime ritual, the effects of a poor night's sleep and how it affects mental, physical, and emotional health, the causes of a poor night's sleep - stress, caffeine, sugar, electronics, and alcohol are main culprits, and how to implement easy and effective strategies for maximum sleep health.

## **Self-Care Techniques**

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A 30-minute webinar to learn acupressure and self-care techniques that are simple and revitalizing. The instructor will teach participants how to decrease stress, lower blood pressure, improve circulation, and reduce anxiety, all with their own two hands.



# Thrive



## Springtime Wellness: Living with the Seasons

In this 50-minute session, participants will be guided in a movement, meditation, and breath practice inspired by the wisdom of Spring led by Dr. Abby Paloma, a Doctor of Chinese Medicine, acupuncturist, and yoga teacher. In Chinese Medicine, the spring season corresponds with the wood element and is associated with growth, renewal, and realizing potential. Spring is a time of new beginnings and requires a lot of trudging through the mud to reach new goals. Spring can be a time of awakening, but can also leave us feeling chaotic or overwhelmed. To counterbalance all the upward energies that spring “flings,” it's also an important season to simplify a diet and detoxify with healing herbs to refocus energy. Dr. Abby will teach participants grounding practices that will keep personal growth steady throughout spring.

## Fall Wellness: Living with the Seasons

A similar take on the Summer and Winter wellness class in our concierge deck, but for the fall.

## Finding Joy and Purpose in Everyday Life

This 60-minute seminar focuses specifically on finding joy and contentment in everyday life with easy and effective strategies for finding purpose, happiness, and presence while minimizing daily stressors. Participants will learn:

- The relationship between positive emotions and success in life, work, and relationships
- Daily practices to strengthen feelings of connection and heartfelt emotions in everyday life
- The link between values and enhanced self-worth, resilience, and willpower



# Thrive

## How to Live More Sustainably

Do your part to take better care of our planet with these tips for sustainable living. Plus, learn about how mindfulness can boost your mental health and help the environment. This 60 minute class include a discussion on:

- The research behind the current climate crisis
- How mindfulness can help the environment
- Tips to eat, live and shop sustainably
- Eco-friendly products to help make a positive difference
- Live question and answer period
- Cultivating mindfulness meditation

## Tools to Increase Energy & Focus

This 60 minute class covers the relationship between mindfulness and increasing focus and offers practical, science-backed tools to help supercharge your productivity and capacity for attention.

## Creating Healthy Habits That Stick

This 60 minute class explores the science of habit and behavior change led by a health coach and gives participants evidence-based tools to create sustainable healthy habits and examines the common challenges faced when trying to form new habits and how to mitigate and overcome those challenges. Topics covered:

- The science behind habit change
- Factors to consider when adopting a new habit
- Evidence-based tools to add to your routine
- How to address challenges as they arise
- Live question and answer period
- Guided meditation

# Thrive

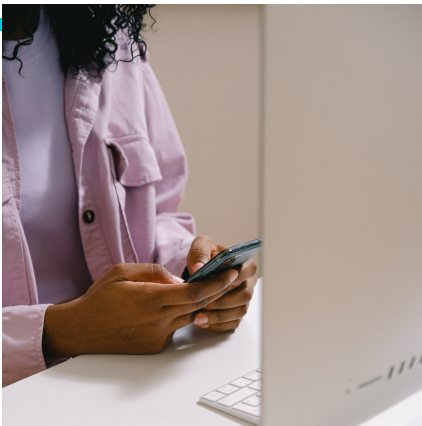
## Calming the Nervous System

All stress we experience affects our nervous systems, even if we aren't consciously aware of it. Exhaustion, decreased energy, difficulty in concentrating, loss of motivation, anxiety, tension, difficulty sleeping, and changes in diet and exercise, (to name only a few), all have their origins in how our nervous system is responding to the "threats" (aka, stress) in our world. In this 60-minute session, participants will learn about the nervous system and how to care for it in a relatable and easily digestible way while demystifying the science of the nervous system so that participants are armed with a renewed sense of empowerment and practical self-care skills for better wellbeing.



## Managing Your Relationship to Social Media

The world is filled with constant distraction and stimulation. Technology and social media allow us to remain connected 24/7, which has advantages, but also disadvantages. Technology has advanced rapidly, but the nervous system has not, and constant stimuli leads to overwhelm, stress and burnout at record levels. This 60 min class with Q&A is led by a licensed therapist and certified health coach. Participants learn to create moments of quiet and calm throughout the day by addressing the issues with a 24/7 plugged in lifestyle and how to rethink the relationship with technology, social media, and establishing boundaries necessary for wellbeing.



## FUNgineer ABUNdance Workout - 30 Mins

This 30-minute seminar focuses on reducing cortisol levels and movements to truly upgrade your attitude. It's time to swap your coffee break for a dance break— take a shot of caffeinated compassion. Participants will learn:

- To create a space for movement and expand their comfort levels
- Daily practices to boost energy and increase efficiency
- How to stimulate the growth of creative juices

# Thrive

## Discover Your Leadership Style Using Astrology

Join us for a workshop to help you understand your unique motivations and method for making an impact. We will learn about information in your natal chart that shows how you move through the world and where your vocation meets your career achievements. By understanding your innate design, you can take steps towards a life and legacy that inspires you and everyone you encounter daily.

## Astrology 101

An Astrologer explains the foundations for how to read and understand personal birth charts, also known as a cosmic blueprint. In this 60-minute session, participants will learn about their Sun (the essence and ego), the Moon (the deep needs and emotions) and the Rising sign, what the soul signed up to Ascend into. Participants leave the class with a high level understanding of the signs, basic transits, and astrological houses.

## Aromatherapy 101

Participants learn the basics of aromatherapy and its benefits along with recommendations on essential oils - what to look for and how to buy them and the different uses of essential oils and aromatherapy to calm, energize uplift, and balance moods.

## Ergonomics 101 - 30 Mins

A 30-minute session taught by HealthKick partner FLEX PT on optimizing at home workspaces using basics they already have in their homes to minimize back pain and aches. Easy tips and tools will be provided so employees feel confident setting up their at home workspace and the instructor will also provide simple yet effective stretches and exercises they can incorporate into their daily schedules. Following the seminar, employees will be able to use the ergonomics instructions toward HealthKick's brands including Racked Stretch and Flex PT sessions to seamlessly incorporate these practices into every day.



# Thrive

## Financial Wellbeing:

These classes cover a wide range of financial wellbeing topics. All classes are 60 minutes and include a Q+A at the end of each session.

### **Becoming the Change You Wish to See in the World: Philanthropy**

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Women are poised to change the face of philanthropy. Since women often play key roles in educating and influencing other family members in giving, their philanthropic influence may extend far beyond their individual charitable efforts. This seminar will explore steps for getting started with effective philanthropy and strategies for maximizing philanthropic impact.

### **Women and Wealth**

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True wealth is about more than just money. It's about the lives and the things we value most, as well as the relationships, interests, and goals that bring us joy. This seminar explores strategies for incorporating these vital elements into an overall wealth plan that helps ensure attendees achieve the financial future they envision.

### **Women Making Money Moves with Penny Finance**

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In celebration of International Women's Day and Women's History Month, join a 60-minute session on financial wellbeing with the founder of Penny Finance. Women are on track to retire with 32 cents to every dollar a man has, and that's NOT cool. The webinar will cover the top 5 money secrets to making sure your money is working for you, not against you. Come close the wealth gap with Penny Finance.



# Thrive

## Financial Wellbeing

### WEALTH MANAGEMENT



#### **Investing with Impact**

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Increasingly, investors are defining long-term value as not only realizing attractive returns but also generating positive social or environmental change. Investing with impact seeks to align financial goals that are driven by economic fundamentals with impact goals that are driven by their values and mission. Whether they're seeking to integrate investing with impact in select allocations or across their entire portfolio, this seminar will help attendees align their performance goals with their values and the impact they hope to have on the world.

### FINANCIAL EDUCATION



#### **The Fundamentals of Investing**

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Investing can be complicated and overwhelming. This seminar will help attendees understand the fundamentals of investing, from asset classes and the basic tenets of investing to asset allocation and diversification.

#### **Taking Stock of the Stock Market**

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For attendees beginning the investment process, the amount of information available can be intimidating. This seminar focuses on the basics of investing from understanding the characteristics of a stock, to how to evaluate stocks, and how to begin to invest.

# Thrive

## Financial Wellbeing

### COMPREHENSIVE PLANNING



#### **29 College Savings Plans: Simply the Smart Way to Save for College**

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Talk about the challenges that students today and in the future are facing when it comes to paying for college; discuss several misperceptions that many people have today about college planning and present the different options available to fund a college education while focusing on the features and benefits of one option in particular, the 529 Plan.

#### **Financial Freedom: Building Wealth to Live the Life You Love**

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The next generation may be taking a different path through life than the generations that came before them. Their perspective on finances may be very different from that of their parents. However, the fundamental aspects of mapping out a financial future are the same today as they have always been—planning, budgeting, saving, investing, and building good credit. This seminar focuses on the key steps attendees need to take toward achieving financial freedom.

#### **Raising Money-Savvy Kids: Embracing Your Role as Chief Financial Parent**

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For attendees beginning the investment process, the amount of information available can be intimidating. This seminar focuses on the basics of investing from understanding the characteristics of a stock, to how to evaluate stocks, and how to begin to invest.

#### **The Psychology of Money: Taking a Rational Approach to Manage Your Wealth**

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Wealth is a complex concept, and personal perceptions, biases, and emotions about money can affect the financial decisions people make. This seminar is designed to help attendees develop strategies for making objective decisions about money so they can manage their wealth more wisely.



# Thrive

## Learning & Leadership Development:

These classes cover a wide range of professional learning and development topics. All classes are 60 minutes.

### Active Listening

An engaging and interactive workshop that encourages listening with an objective mind and supports us in understanding what others are saying. We'll learn to pay attention to non-verbal cues, find clarity by asking questions, manage our inner impulses, and give the person we're listening to a sense of being heard to collaborate with more integrity.

### Communication Skills - Giving & Receiving Feedback

An engaging interactive session designed to teach the basics of giving and receiving feedback within an organization that provides a bonding experience for teams. Participants learn how to effectively communicate feedback with team members of all levels using awareness and active listening along with skills for minimizing negative reactions and maximizing positive outcomes.

### Finding Your Authentic Voice

An engaging interactive session designed to teach the basics of giving and receiving feedback within an organization that provides a bonding experience for teams. Participants learn how to effectively communicate feedback with team members of all levels using awareness and active listening along with skills for minimizing negative reactions and maximizing positive outcomes.

### Leading With Compassion & Empathy

Helping leaders set positive examples while learning how to make compassion and empathy core values that drive the workplace culture. Interactive exercises support participants in discovering what it means to understand another's point of view, encourage positive feedback and recognition, and support an individuals confidence in ways that unite and inspire our teams collaboration.

### Handling Change & Uncertainty

Your team will learn the basics of change management with interactive exercises that bring optimism and resilience. Participants learn how to handle things that are out of their control, manage priorities over time, stay focused under challenging conditions, and remain flexible to pivot with shifting demands.





# Thrive

## Women's Wellbeing:

These classes cover a wide range of women's health and wellness topics.

### Parenting

A 60-minute presentation on managing work-life balance and mom-guilt. This class is specifically designed to support working mothers on setting healthy boundaries and structures with their families. Topics can be tailored for your teams needs.

### Women's Wellness Seminar

In this 60-minute class with Q&A led by a certified holistic health coach, an overview of topics such as nutrition, hormonal health, sleep health, fitness, and stress management will be offered for total wellbeing focused specifically on women.

### At-Home Self-Care Techniques

A 60-minute workshop on ways to incorporate self-care into a daily routine including self-massage, setting a daily ritual, and acupressure techniques to alleviate stress and anxiety.

### Sweatworking Class

Create a safe workout space for your women-only workforce. Classes accommodate all fitness levels and emphasize body positivity and inclusion. Mat, sneakers, water, and towel are recommended and no other equipment is needed. Choose from yoga, barre, pilates, HIIT, dance cardio, or stretch/recovery.



# Thrive

## Supplemental Topics:

These classes cover topics that include gardening and mindfulness in the garden, as well as cooking demos. All gardening classes are \$2,500 each and exclude the cost of kits and require booking six weeks in advance for shipping.



### **Mindfulness in the Garden**

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An introduction to how gardening brings us into the present moment and grounds our bodies. This 60-minute class will explore the connection between the needs of plants and the needs of people and how to nurture both. It includes practicing observation with all five senses, a guided meditation, journaling activity reflecting on a childhood memory of plants and food.

### **Gardening Basics**

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This 60-minute class covers all the elements of starting a successful garden, including how to build soil health and manage fertility, seed and transplant, plan crop successions and rotations, know when and how much to water, and harvesting specifics. Whether gardening in a backyard, or a few doorstep pots, or just wanting to expand your knowledge, this class covers it all.



### **Culinary Herb Gardening with Kit**

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Learn how to plant and care for an herb garden, perfect for a windowsill or patio. The kit will include everything needed to start growing fragrant culinary herbs in no time, and through this, 60-minute class participants learn the basics of container gardening for small spaces. We will cover sunlight and watering requirements, pruning, harvesting, and culinary uses.



- Pricing per Kit: \$100- \$150 each plus shipping
- Maximum Capacity for Classes: 50 ppl

# Thrive

## Supplemental Topics

### Cooking Demo - Nutrition

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Cooking demos focus on the elements and ratios of what makes a whole, healthy meal or snack with easy swaps and substitutes that employees can tailor based on what they already have access to in their fridge or pantry or what is accessible to them based on their location.

Cooking demo options include:

**Energy Bites:** A healthy, whole snack to eat any time of day to increase energy, stabilize blood sugar, and balance mood with dates, nuts (or seeds depending upon allergies), and spices.

- **Smoothies:** The nutritionist will demo and discuss the elements of a balanced, healthy smoothie with a few simple key ingredients and ideal ratios such as protein, fruits, veggies, and superfoods for an easy breakfast or snack as well as talk about the benefits of smoothies. Employees can choose their ingredients from what they already may have in their fridge or pantry.

**Salads or Grain Bowls:** The nutritionist will discuss and demo the elements of a healthy, wholesome salad or grain bowl covering the ideal amounts and ratios of leafy greens, lean proteins, colorful veggies, and whole grains for a balanced meal ( employees may choose their exact ingredients from what they already may have in their fridge or pantry)

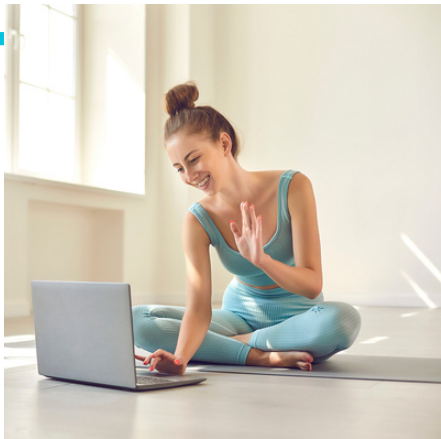
**Healthy Cooking Techniques:** Our certified nutritionist will walk employees through healthy cooking techniques such as steaming or poaching

Price: \$1,500 plus the cost of ingredients for the instructor Energy bites: approx \$35 Smoothies: approx \$30 Salads: approx \$40 Grain bowls: approx \$40



# Wellness Day + Wellness Week

Bring your team a week of curated wellness experiences designed as a respite from their daily routines. Our Concierge team manages all the details from start to finish, making it easy for HR teams to create immersive experiences that move your employees.



## **Wellness Day**

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A day filled with 3 wellness sessions offered via zoom or Webex platforms. One of our concierge consultants will help you choose from a variety of our single-session classes that will speak directly to your employee demographic and we'll handle the rest of the planning and coordinating. Choose 30-minute mini-sessions or 50-minute sessions.

All wellness days include:

Promotional flyer with registration links

- Classes are recorded and housed on a custom landing page
- Participation reporting provided after the completion of the day's events



## **Wellness Week**

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A week filled with 2 wellness sessions per day for 5 days offered via Zoom or Webex platforms. One of our concierge consultants will help you choose from a variety of our single-session classes that will speak directly to your employee demographic and we'll handle the rest of the planning and coordinating.

Choose 30-minute mini-sessions or 50-minute sessions.

All wellness weeks include:

Promotional flyer with registration links

- All classes are recorded and housed on a custom landing page
- Participation reporting after each day's events will be provided

# Premium 4 Session Package

Our most beloved and favorite brands have partnered with HealthKick to give your employees unique, branded experiences available in a 4 session package. These classes are fun, interactive, and a bit outside the box which will guarantee employee engagement and satisfaction.

Supplemental fees for gardening and meal kits apply.

## SWEAT: CHOOSE ONE CLASS

**Barry's:** 50 minutes of the original high-intensity interval workout. Barry's tones muscle and maximizes fat loss with a combination of high-intensity intervals and bodyweight sculpting.

**Fhitting Room:** A Fhitting Room signature class led by an expert trainer challenging yet attainable for everybody. This 30-minute class incorporates high-intensity intervals, strength training, and functional movements for maximum results.

**305 Fitness:** 305 Fitness is a dance-based workout known for the mantra "make sweat sexy." The program promotes body positivity with easy-to-follow, fun dance moves and encouragement from enthusiastic and supportive instructors.

## THRIVE

**Gardening Basics:** This 60-minute class covers all the elements of starting a successful garden, including how to build soil health and manage fertility, seed and transplant, plan crop successions and rotations, know when and how much to water, and harvesting specifics. Whether gardening in a backyard, in a few doorstep pots or just wanting to expand your knowledge, this class covers it all.

**FaceGym Workout:** This 30-minute virtual facial workout is led by a FaceGym Master Trainer featuring a series of signature sculpting techniques to lift, tone, and contour, so participants can achieve the much-loved FaceGym results at home. You will need clean skin, clean hands, and a facial oil of your choice for this class.

# Premium 4 Session Package

Our most beloved and favorite brands have partnered with HealthKick to give your employees unique, branded experiences available in a 4 session package. These classes are fun, interactive, and a bit outside the box which will guarantee employee engagement and satisfaction.

Supplemental fees for gardening and meal kits apply.

## NOURISH

Cooking Demo with Sunbasket: A fun and interactive 45-minute cooking demo led by a nutritionist and health coach with Sun Basket's signature meal kits and recipes. One SunBasket box yields 4 servings that participants can share with their families or have in the fridge for healthy, ready-made meals throughout the week.

## SUPPLEMENTAL FEES

- Gardening Kits: \$100 - \$150 each excludes shipping and taxes
- Meal Kits: \$60 each excludes shipping and taxes



# Concierge Supplementals



## Sessions

- DIY Kombucha & Tastings
- Chocolate Tastings
- 
- 15-minute Emotional Push Ups with Coa
- Laughing Meditation w/Laugh Dot Events

# Contact Us



For any questions regarding your upcoming sessions, please contact [concierge@health-kick.com](mailto:concierge@health-kick.com). We are here to ensure your employee wellness sessions run smoothly.

For more information about HealthKick, please check out our services. We would love to talk to you about your wellness benefits.

[LEARN MORE](#)



[www.health-kick.com/concierge](http://www.health-kick.com/concierge)