



Fitness Solutions @ Home

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For a limited time, Home Health Canada is providing complimentary Wellness Seminars and Personalized Fitness Consultations & Assessments, to help companies boost their employees' overall wellness and productivity. Book by July 31st to receive your choice of:

One complimentary Healthy Living Seminar

or

½ day of complimentary Personalized Consultations & Fitness Assessments!

Healthy Living Seminars (reg. \$295)

HHC's on-site seminars are provided on a standalone basis (see attached), or integrated into existing meetings, health fairs or other company functions. Each seminar is conducted by an HHC Fitness Expert and run from 15-60 minutes, depending on your employees' interests and availability. Topics covered range from fitness & disease resistance to stress management and productivity, and include the key insights necessary to achieve healthy living:

- **Fitness, nutrition & lifestyle practices** and how they affect overall wellness & productivity
- **Challenges** commonly faced by working individuals (e.g. hectic schedules)
- **Mistakes** commonly made (e.g. setting unrealistic goals)
- **Attainable strategies** for achieving optimal wellness (i.e. setting ourselves up for success)

Personalized Wellness Consultations & Fitness Assessments (reg. \$355/half-day)

HHC's one-on-one wellness consultations are designed to determine each individual's unique starting point while establishing realistic short- and long-term goals. Individual needs are determined by HHC Fitness Experts, who then build customized fitness & lifestyle plans that allow each individual to benchmark their success & measure their progress along the way.

Increasing your employees' wellness and productivity is easy--simply book your **FREE Healthy Living Seminar** or **FREE ½ day of Personalized Consultations & Fitness Assessments** by July 31st, and Home Health Canada takes care of the rest!

Call us today at **(866) 669-5222** and let us provide the wellness benefit that your employees will not only thank you for, but will make a difference to your company for years to come.

Meagan White
Program Director