

300 Main Street, Groton, MA 01450 978.448.WELL (9355) www.ItsForYourLife.com

**Corporate Program Menu**

***We Offer Wellness Events Tailored to Meet the Needs of Your Unique Workplace, Industry, and Employees***

**Fit to Sit**

* Learn how to protect your spine using sustainable seated positions
* Increase energy and performance and decrease repetitive stress injuries at work
* Discover the secret to shorter injury recovery time

**Maintaining Low Stress in a High Stress World**

* Learn the different types of stress
* Tips and strategies for staying healthy during a stressful time
* Create an action plan to regulate stress

**Natural Headache Relief**

* Learn the causes of headaches
* Tips for easy, low cost, low side effect solutions
* Increase focus, endurance, performance and decrease irritability

**Travel Healthy**

* Learn about travel ergonomics
* Discover the secrets to staying strong and healthy while traveling
* Keys to not losing momentum due to travel

**The Human Potential Program**

* Learn how to tap into your own inborn potential
* Tips to remove self-imposed limits
* How to be as healthy as possible

**Self-Care for Caregivers**

* Learn the unique challenges that caregivers face
* Secrets to maintaining energy, patience and calm
* Tips to restore, replenish and rejuvenate yourself

### For more information or to book a health event with us,

### call **978.448.9355 (WELL)** oremail **info@itsforyourlife.com**.