Corporate Program Menu:

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