



## Corporate Wellness and Lunch and Learns

Topics include:

- Building in Healthy Behaviors even when you're crazy busy
  - Healthy Snack ideas on the go
  - Exercise opportunities in the workplace
  - Mindful Eating Workshops
  - Lunch and Learns at Medical Facilities and Spas
  - How to stay well when you're burning the candle at both ends
  - Mindful Productiveness
- \*\* Customize your own wellness workshop



Contact Jenny for pricing and availability

[www.jennyedencoaching.com](http://www.jennyedencoaching.com)

[jenny@jennyedencoaching.com](mailto:jenny@jennyedencoaching.com) (click me!)

617-304-5059