



CORPORATE
Wellness
with Adrien Cotton

The gift of **WELLNESS** —a lasting investment in your organization’s and your team’s future

Why **Wellness** should be one of your organization’s long-term priorities:

- Your business thrives on your team’s ability to face stress with resilience and maintain focus on your vision.
- With wellness at the center of your organization, you invest in your team’s well-being and your business’ bottom line.
- A team whose wellness is a priority stays, performs at top levels and brings fresh thought to the table.
- Studies have found mindfulness improves team members’ sleep, enhances focus and concentration, reduces stress and even helps manage pain.
- Organizations with at-work mindfulness best practices are flourishing in today’s high-stress environment.

Where does your team’s health and wellness fall into your overall business strategy? Turn words into actions and set the tone for a workforce that is stress resilient, aligned with its wellness, and ready to perform.

**Choose an IN-PERSON
or VIRTUAL Package**

Each Package Includes:

Your selection of eight or ten Wellness Experiences tailored for your team’s needs

Delivered one each month—see calendar of monthly themes on reverse

Each Experience is 4 hours and includes Guided Workshops as well as Small Group and Individual Wellness Coaching Sessions



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CALL US AT 844-709-WELL!

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2022

JANUARY

Habit Your Way to
Wellness

FEBRUARY

Reframing Work-Life
Balance

MARCH

How to “Fit”
Wellness into Your
Busy Schedule

APRIL

Meet Your New
‘Best Friend’ for
Flexibility and
Strength

MAY

Mindfulness 101

JUNE

Speak and Think so
Your Body Believes It

JULY

Fueling Your Body
for Wellness

AUGUST



SEPTEMBER

How to Build
Exercise into Your
(Work) Day

OCTOBER

Building Stress
Resilience for
Wellness

NOVEMBER

Why Sleep is Your
Most Important
Appointment of the
Day

DECEMBER

How Your Wellness
Can Survive the
Holidays

Experiences are scheduled 10am - 2:30pm in person or virtually (30 min break built in)
Capacity is limited!

Contact Alexandria Wellness today if you are interested in booking for 2022.

“Adrien’s sessions have been transformative for our group. We’re not only learning to nurture our own well-being, we’re looking out for each other.”

CONTACT US AT 844-709-WELL OR CONTACT@ALEXANDRIAWELLNESS.COM