

# The Roadmap To Wellness

Corporate Wellness Solutions brought to you by:



**WellBeing Fitness**

By Cassa Health

**January**

**JAN:** First session orientation and beginner bootcamp fitness class

**FEB:** Nutrition Workshop – reading labels and ingredient lists

**MAR:** HIIT (high intensity interval training) fitness class

**SEPT:** The Office Stretch and Strengthen Class

**AUG:** Micronutrients; what are they?

**APR:** Vinyasa Yoga Class

**OCT:** Meditation and Stress Relief Workshop

**JUL:** Getting to the CORE fitness class

**MAY:** 3 mile walk/run

**JUN:** The Modern Food Pyramid Workshop

**NOV:** Yoga Fitness Class

**DEC:** The Business Travelers Workout

**December**