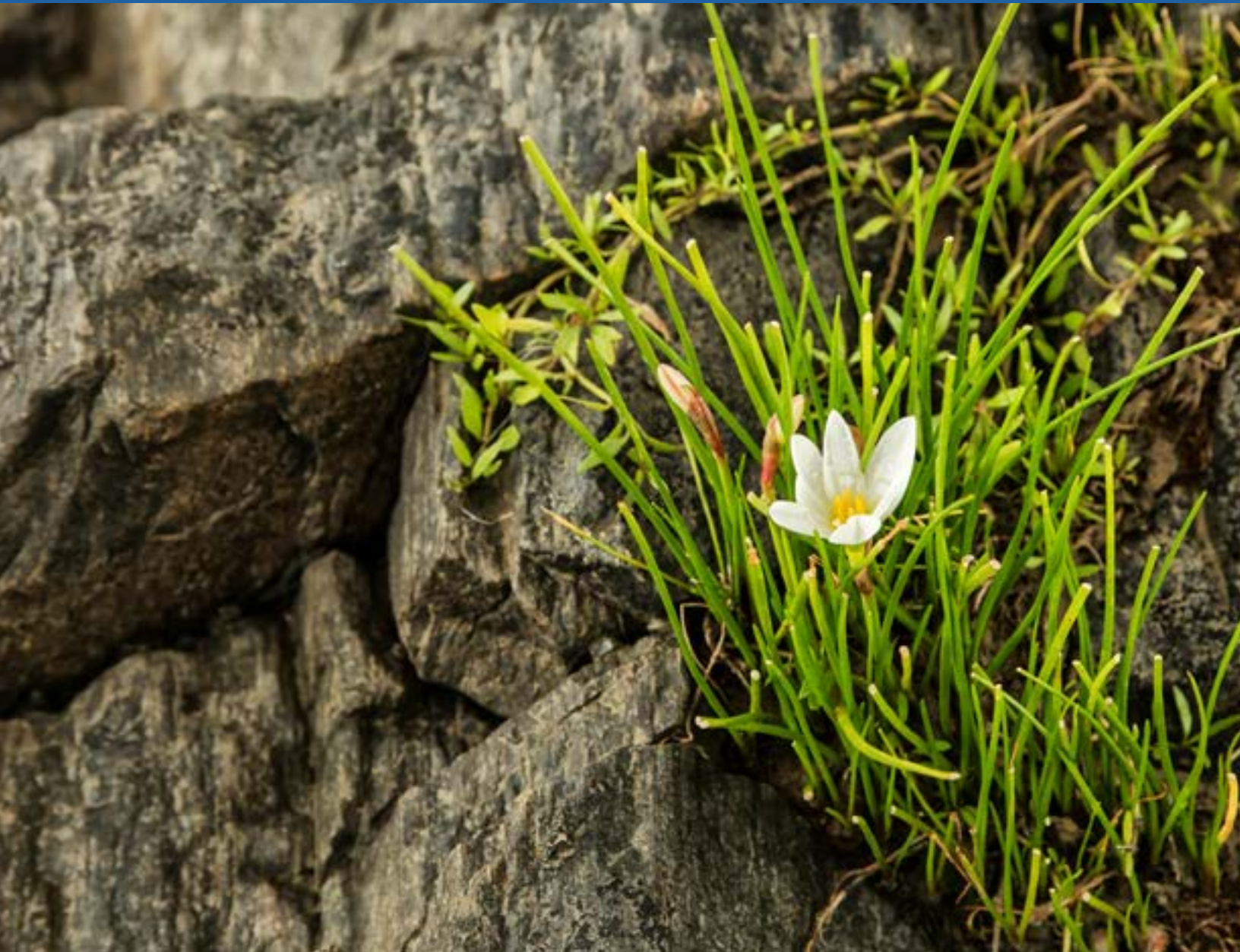


resilience in a box

Everything you need to administer and promote a **successful** corporate wellness program in a simple, packaged format.



No wellness coordinator? No problem!

Let us package your wellness program for you!

If you do not have an allocated wellness coordinator in place to administer your corporate wellness program, AdvantageHealth has the next best thing. We can send you packaged emails, flyers and program materials (basically everything you need) so you can simply cut and paste our content and attach our materials in an email to your staff each month or quarter. It will save you time, money and energy. We can also brand your materials for a customized, professional product.

- **Kickoff Letter from Senior Leadership**

- **Quarterly Health Promotion Newsletter**

Let us educate and inspire your staff with branded health education materials focused on resilience.

- **Two Incentive Campaigns/Wellness Challenges focused on resiliency**

Let us create the materials that allow you to quickly and painlessly administer and promote a wellness challenge for your staff. View all challenges with descriptions [here](#). Wellness challenges may include:

- Stress Less Challenge
- Wellness Survivor
- Healthy 'n Happy Challenge
- Amazing Race to Wellness
- Wellness Bingo
- Self-Care Bingo
- Clean Eating Challenge
- New Year, New You

- **Two Webinars focused on resiliency**

View all webinars and descriptions [here](#).

- Building Your Core (Resilience): Purpose Matters
- Change... It's Not Just in Pockets: Managing Life's Stresses
- Enhance Your Life Through Mindful Living
- Strength of Spirit: Resiliency, Self-compassion, Self-care
- The Mind/Body Connection and Mental Health
- Resilience Is Your Superpower: Thriving Through Change & Adversity
- From Stress to Resilience
- Managing Stress Naturally
- De-stress Rather than Distress
- Self-care for Busy Professionals
- Meditation Made Easy

- **Unlimited AdvantageHealth YouTube videos**

Featuring over 200 fitness videos as well as mindfulness/meditation, health education and more!

- **Year-End Program Evaluation/Report**

Contact Kristine Keykal at AdvantageHealth for pricing.

FOR MORE INFORMATION, CONTACT:

Kristine Keykal, M.P.H., Co-Founder & CEO of AdvantageHealth, has been helping businesses create custom, award-winning corporate wellness programs for over 20 years.

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