



THE WELLNESS INSTITUTE

Manage-Well Programs

IT STARTS FROM THE “TOP”

It's time to create a true corporate culture of wellness. When management takes the necessary steps to improve their own health, the rest of the organization will incorporate wellness in their daily lives as well.

The Wellness Institute can help your organization create customized corporate programs based on the unique needs of your management team.

We work with small businesses and large firms. **Manage-Well** Programs are developed to fit any company's budget.

For more information, please contact us:

THE WELLNESS INSTITUTE

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Choose from the following **Manage-Well** topics:

Managing Stress

Leadership Strategies

Effective Communication

Office Dynamics

Team Collaboration

Work Ergonomics

Holistic Wellness Tips

Exercises “On The Go”

Holistic Nutrition

Work Life Balance

Group Meditation

Relax, Breath & Focus

...or we'll help create a customized

Manage-Well program for your organization