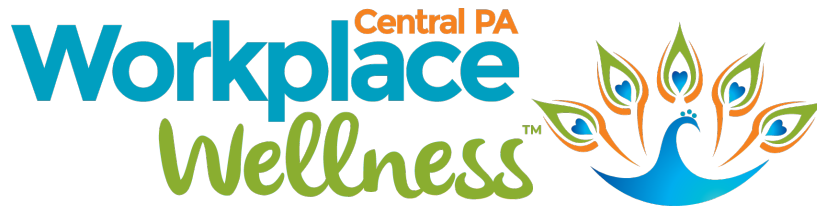


We Provide Free Onsite Wellness Workshops for Central PA Region Employers



Central PA Workplace Wellness provides Lunch N' Learn wellness presentations to Central PA Employers at no cost. Lunch N' Learns are held at your location on the topic(s) you choose in advance while enjoying a free lunch from Subway for 40 employees. We also provide posture, spine and nerve health screenings at employee health fairs.

Includes Free Subway Lunch for up to 40 Employees

Our Most Request Topics

(Please Check Preferred Topic(s) Below)

- The Last Ten Years of Your Life*
- The Triple Play: Discover the 3 Most Critical Health Habits That Drive Lasting Well-Being*
- What the Healthiest People on the Planet Do to Live Long and Stay Strong*
- Fuel Your Body, Fuel Your Life: The Power of Diet & Nutrition & Other Ways to Boost Your Health*
- Align and Thrive: The Hidden Power of a Healthy Spine for Total Well-Being*
- Immunity Unleashed: The Best Ways to Strengthen and Boost Your Immune*
- Life-Changing Wellness Hacks: The Science-Backed Secrets to Feeling Amazing*
- Neuropathy: What it is and How to Stop it from Ruining Your Life*

Please email to drkayla@myworkplacewellness.org, fax your request to (717) 534-1957 or visit MyWorkPlaceWellness.org to schedule

Your Name: _____

Email: _____

Organization: _____

Direct Phone: _____

Proposed Date(s): _____

Proposed Time: _____