



Call to Wellness Coaching

Stay Warm. Stay Well. Stay Connected.

As the colder months arrive, we invite you to take a proactive step toward well-being, together. This season, let's strengthen our resilience, improve our health habits, and maintain the energy that fuels our success.

Ways to Participate

🏃 Move Daily — short activity breaks or stretch sessions

🥗 Eat Mindfully — choose seasonal, nourishing foods

🧘 Recharge — practice mindfulness or relaxation techniques

🤝 Connect — build accountability with coworkers

CONTACT US FOR
COACHING

800-243-5744

sandcreekeap.com

