

PRESENTED BY
CULTIVATE WELLNESS +
PRACTICE WORKS

Move Well, Eat Well, Live Well.

A Corporate Wellness Retreat

- Improve wellness for individual members to create a more productive team.
- Content customized to your company culture and team goals.
- Invest in your employees to help them maximize energy, prevent burnout and boost retention.

Agenda:

7:15-8:15	Registration + Breakfast
8:15-9:00	Introduction
9:00-9:45	Eat Well
10:00-10:45	Move Well
11:00-11:45	Live Well
11:45-12:30	Work Well

CONTACT US FOR MORE INFORMATION AND PRICING
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**PURPOSEFUL
EXPERIENTIAL
LEARNING
IN A SERENE
PRODUCTIVE
SPACE.**



**PRACTICE
WORKS**