

Corporate Wellness

Practical, evidence-based trainings for you and your employees.
Bring your family and friends! Available in-person or remotely.

Small-group seminars \$100-\$150
(up to 15 people, workshop)

Large-group presentations \$300
(20+ people, lecture style)

Micro-group trainings \$75/hr
(1-3 people, hands on and personalized)

Biometric health screening \$45-55/ea
(includes mini consult)



health & nutrition

lifestyle coaching



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Seminar topics

Food – the foundations of success

Learn the basics of nutrition and practical tips for keeping healthy in the midst of a hectic workday. Fuel your body right so your mind can be at peak performance

Water – hydration and hydrotherapy

We are made of water, but our bodies are often still starving for this fundamental element. Learn how to stay better hydrated as well as a few simple hydrotherapy applications

Sleep – it really is possible

Learn why sleep is so important to mental and physical health—including correlations between sleep and weight loss. Find methods to get better rest, even with a hectic schedule.

Exercise – fitness in the workplace

Staying fit can be hard with a busy work schedule. Learn ways to incorporate physical activity to reduce stress and keep toned.

Stress – everything's under control

We often don't realize how stressed we are. This course will demonstrate some easy techniques to recognize, release, and manage stress for better mental health

Money – the root of it all

Is money really the root of all evil? Let's dive into our relationship with finances, budgeting, and work to identify healthy ways to look at this age-old subject

Order – tidy office, tidy mind

Our minds are often a reflection of our surroundings. Having an organized workspace is critical for mental health and productivity. We'll look into the topic of organization while still keeping changes simple and easy to put into practice.



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