



SPARK

FIND BURNOUT RELIEF
DECEMBER 6 - 17

DISCOVER RESOURCES FOR BURNOUT RELIEF

Start adding prevention and relief strategies to your routine today!
Participate in at least 4 of 8 activities and achieve some relief from the daily grind.

FIND BURNOUT RELIEF KICKOFF WEBINAR

WEDNESDAY, DEC 1 at 10:00AM EST

MEETING ID: [415 515 4477](#)

PASSCODE: LiveWell21

INSTAGRAM / PODCAST

On Demand

Instagram: [LIVEWELLFITNESS_NAM](#)

Podcast: [The Big Green Couch](#)

[Sleep Episode](#) [Mental Health Episode](#)

GUIDED MEDITATION

TUESDAYS & THURSDAYS

2:00PM EST

MEETING ID: [956 4196 2106](#)

PASSCODE: LiveWell21

HOLIDAY GUIDE TO NUTRITION

THURSDAY, DEC 16

2:00 PM EST

MEETING ID: [539 581 2875](#)

PASSCODE: 123456

SCHEDULE A COACH CONSULT

APPTS AVAILABLE MON-FRI

[PICK A COACH](#)

MOVEMENT BREAKS

MONDAY - FRIDAY

10:00AM, 12:00PM, 2:45PM,

3:30PM EST

MEETING ID: [875 4770 7343](#)

PASSCODE: LiveWell21

CHAIR YOGA

TUESDAYS

12:15PM EST

MEETING ID: [959 9022 2013](#)

PASSCODE: LiveWell21

EAP WEBINAR

TUESDAY, DEC 7 at 11:30AM EST

TUESDAY, DEC 14 at 1:30PM EST

MEETING ID: [968 4949 0097](#)

PASSCODE: LiveWell21

GAME NIGHT

TUESDAY, DEC 14

5:30PM EST

MEETING ID: [921 2277 8525](#)

PASSCODE: LiveWell21

SCAN WITH YOUR PERSONAL
DEVICE TO REGISTER

