

QUARTER 4

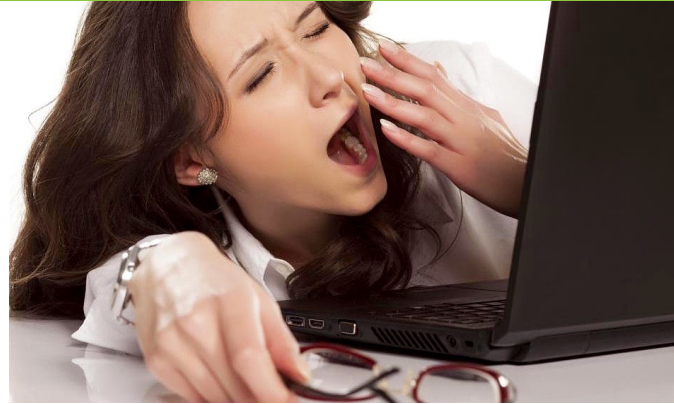


1 TOTAL WELLNESS + 3 ERGONOMICS WEBINARS



ENERGIZE YOUR WORKDAY!:

In today's fast-paced world, energy management - not time management - is the key to living the most balanced, productive, and engaged life. In this workshop you will learn powerful tips, strategies and routines for sustained workday energy!



AVOID OFFICE BODY:

At some upwards of 60% of all workers will experience a painful, slow-healing repetitive stress injury related to their office job. Avoid being a statistic while improving your concentration, posture and productivity by learning correct desk ergonomics!



TO THE CORE:

It can be overwhelming how much conflicting information is on TV and the internet about how to train your abs! Well have no fear, Infinity Wellness is here to answer all of questions on training the core. Learn where the core is, what it does and which exercises to do!



MUSCLE TENSION RELEASE:

Everyone holds stress and tension in their body. When it accumulates it can create muscle knots, spasm, and pain. Don't you wish you had a trick to release that knot in your neck, flush out soreness after a tough workout or relieve your lower back tightness?

