



GOOMI GROUP

CORPORATE WELLNESS MADE SIMPLE

GOOMIGROUP.COM

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WELLNESS MADE SIMPLE

Your company's wellness program should be as unique as its culture. Goomi offers everything your team needs to thrive with our (6) Pillars of Health: Physical, Mental, Nutritional, Personal, Financial & Social. With instructors in almost every state, consider us your healthcare gurus, tailoring each wellness program to your company's culture and budget.

On-site, On-Demand, and Virtually - wherever and whenever your team needs, we'll be there.



CLIENT TESTIMONIALS

"My experience with Goomi Group has been absolutely wonderful. The Goomi team is always willing to help with new ideas, and ways to up our class offerings to tenants. Working with them is a big **time saver**, everything runs so seamlessly."

Brigitte Community Manager

"Such an excellent and **engaging** speaker. We've never gotten back so much positive feedback from a wellness presentation. We loved it and the turnout was great! We could not be more pleased."

Elissa, Firmwide Wellness & LOA Manager

"...the range of courses are really great and your instructors are **top notch**. You are really providing a great service to everyone in this crazy time, and I am really thankful for it!"

Stephanie, Firmwide Director Employee Relations



HEALTHY & HAPPY PARTNERS

With an effective wellness program you will improve the lives of your employees and help drive the success of your organization. Corporate wellness programs reduce healthcare costs, improve employee health, and increases productivity and team morale.

Our partners include:



CUSTOM WELLNESS PROGRAMS



Stretch body and mind and bring your team together for a healthy break with our fitness classes. Let us customize a program to fit your team. Our top teachers come directly to you, either on-site or virtually, to inspire health and happiness for everyone.

YOGA + MEDITATION

- Yoga
- Meditation
- Sound Bath
- Reiki
- Boardroom Yoga
- Your Room Yoga

FITNESS CLASSES

- Functional Fitness
- Pilates
- Kickboxing
- Bootcamp
- HIIT®
- Stretch & Flexibility
- Pound®
- Cardio Sculpt

DANCE CLASSES

- Barre
- Zumba®
- Beginner Hip Hop
- Salsa
- Country Line
Dancing

OTHER OFFERINGS

- Health Fair + Wellness Week
- Educational Seminars
- Chair Massage
- Cooking Demos
- Nutrition Consultations
- Virtual Library

Don't see what you are looking for? Contact us and we'll make it happen!

Educational Seminars

Our interactive seminars deep-dive into topics attendees can apply immediately to their daily lives. From preparing delicious healthy meals to integrating self-care into jam-packed schedules, our presenters are ready to share their insights and expertise! Sample topics below - topic specific requests taken.



MENTAL

- Meditation 101
- Mindfulness: The Antidote to Stress
- Resilience & Self Care in the Workplace
- Wellness & Work/Life Harmony

PERSONAL

- Healthy Habits
- Breast Cancer Awareness
- Goal Setting
- Integrating Self-Care into Jam-Packed Schedules

FINANCIAL

- Load Bearing Principles for a Lifetime of Financial Wellness
- Develop a Strong Foundation for your Core Investment Philosophy
- Get Clear, Make Decisions and Take Action!
- Retirement and Taxes – Keeping Uncle Sam off your Retirement Payroll

NUTRITIONAL

- Boosting Your Immune System Naturally
- How to Quit Sugar
- Foundations of Nutrition
- Gut Health

PHYSICAL

- Deskercising
- Self Defense 101
- Ergonomics
- Posture, Pain & Productivity

SOCIAL

- Mixed Media Art
- Art & Collage Mosaics

Custom Seminars

Custom seminars are custom made experiences designed for groups from a single organization and for a variety of audiences ranging from executive cohorts to front line managers and improvement teams. We will collaborate with you to define your learning objectives and create an agenda tailored to your needs.



How Our Educational Seminars Work

- Browse our catalog to find all of our topics, and if you don't see what you want, just ask!
- Educational seminars can be held on-site and virtually. Speaker specific seminars may require a travel fee depending on location.
- Virtual seminars hosted on Zoom and include chat rooms for interaction.
- All are welcome, and seminars can host up to 500 attendees using Goomi's Zoom account.
- Individual Zoom link will be emailed at least two weeks prior to your virtual session.
- Virtual seminars can be set up as Meeting or Webinars.
 - **Meeting Style** - Participants can turn cameras on and unmute themselves. Registration is required.
 - **Webinar Style** - Speaker is the only one on camera and questions are asked through chat room or Q&A area.
- Virtual seminars can be set up as click to join or registration based.
 - **Click to join** - Includes post seminar attendance reporting.
 - **Registration** - Includes branded registration page, seminar reminder emails to registrants, ability to add event to their calendars and detailed post seminar reporting that includes the emails of those that attended.
- An edited recording of the seminar will be sent approximately one week after the event.

VIDEO LIBRARY

Allow your team to get moving, sweating, or om-ing their way to a healthier state of mind anytime, anywhere!

WHAT'S INCLUDED:

- Six (6) Yoga
- Six (6) Meditation
- Six (6) Fitness &
- One (1) Goomi Pick-of-the-Month featuring our best instructors.

SAVE 15% WHEN YOU PURCHASE A FULL YEAR

With our Virtual Video Library the opportunities are endless!

You can take advantage of the library in a variety of ways such as: sending out a video each week in your weekly newsletter, sharing the videos with your team or clients, or even hosting the videos on your own website.

COST:

- \$300 per month
- \$3,060 annual subscription

SIGN UP TODAY.



CORPORATE WELLNESS DOLLARS

Goomi works with benefits brokers/insurance carriers to get the most out of your wellness dollars. Funds cover several perks and wellness programs, ranging from chair massage to fitness classes; workshops to workouts. To determine if this is available for your company, contact your insurance provider & just ask about it!



GOOMI PILLAR PACKAGES

Choose from any of our many 4-week curated Pillar packages below that were created specifically for you and your employees to get more out of some of our most popular sessions. They are all simple and fun!

Each package includes (4) newsletters with your company logo that include blogs on related content, invitation to that week's live class via Zoom, inspiration and tips and more.



THE CHOICE IS YOURS...

- Foundations of Nutrition
- Healthy Choices
- Health Awareness
- Ergonomics
- Yoga Anytime for All-Levels
- Sweat Fest Fitness
- Mindful Meditation
- Financial Wellness

2023

RATE CARD

Each on-site session can host an unlimited number of participants. Each virtual session can host up to 500 participants, more can be added for an additional fee.

30-MINUTE FITNESS/YOGA SESSION.....	\$175
30-MINUTE MEDITATION.....	\$175
1-HOUR FITNESS/YOGA SESSION.....	\$215
ON-SITE SOUND BATH	\$350
1-HOUR NUTRITION CONSULTATIONS.....	\$200
ON-DEMAND VIRTUAL LIBRARY MONTHLY SUBSCRIPTION.....	\$300
MASSAGE (PER THERAPIST, PER HOUR).....	\$150
EDUCATIONAL SEMINAR (1 HOUR).....	\$1,000
CUSTOM EDUCATIONAL SEMINARS (1 HOUR).....	\$3,000+
COOKING DEMONSTRATION (1 HOUR, ON-SITE).....	\$1,500
VIRTUAL COOKING DEMONSTRATION (1 HOUR).....	\$1,250
CUSTOMIZED HEALTH FAIR.....	\$3,000+

We make it simple. All fitness classes are available virtually.
Recordings of each virtual class offered as added value.



Monthly Wellness Themes

JANUARY

- National Mentoring Month
- Building Healthy Habits
- Intentional Wellbeing Month
- International Mind Body Wellness Day

FEBRUARY

- Black History Month
- American Heart Health Month
- Superbowl

MARCH

- Women's History Month
- Nutrition Month
- Sleep Health Month
- International Women's Day

APRIL

- Stress Awareness Month
- World Health Day
- Earth Day
- International Dance Day

MAY

- Asian American and Pacific Islander Heritage Month
- Jewish American Heritage Month
- Mental Health Awareness Month
- National Physical Fitness and Sports Month
- Cinco De Mayo
- National Employee Health and Fitness Day

JUNE

- LGBTQ+ Pride Month
- National Safety Month
- International Men's Health Week
- International Yoga Day
- Juneteenth Independence Day

Monthly Wellness Themes

JULY

- National Ice Cream Month
- UV Safety Month
- National Grilling & Picnic Month
- Fourth of July

AUGUST

- Summer Safety Month
- Family Fun Month
- American Artist Appreciation Month - Art Therapy
- Back to School Month

SEPTEMBER

- National Yoga Awareness Month
- Suicide Prevention Month
- National Latinx/Hispanic Heritage Month (Sept 15-Oct 15)
- National Family Day
- World Heart Day
- National Family Health & Fitness Day
- World Gratitude Day

OCTOBER

- Breast Cancer Awareness Month
- Mental Illness Awareness Month
- Mental Illness Awareness Week - 2nd - 8th
- Financial Planning Month
- World Mental Health Day

NOVEMBER

- Native American Heritage Month
- "Movember" — Raising awareness for men's health
- National Stress Awareness Day
- Thanksgiving

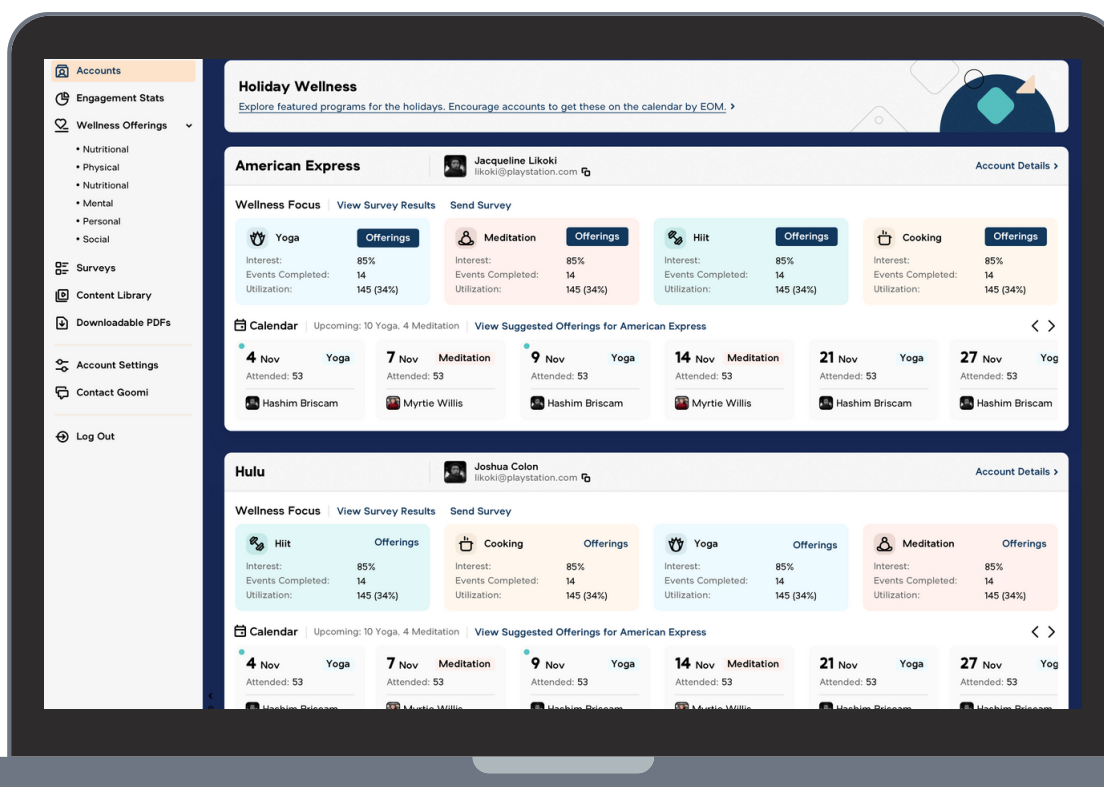
DECEMBER

- National Cookie Day
- Festive Celebrations
- New Year's Eve

Goomi Platform

WHAT IS THE PLATFORM?

The new platform provides a single destination for Benefits teams to develop wellbeing programs, view engagement metrics, and increase employee engagement by 3X. Our secret sauce to customization is our massive expert database with the flexibility to change programs based on employee interest. Increasing participation in real-time.



Annual Subscription Pricing

COMPANIES <100 EMPLOYEES:	\$1,000
COMPANIES 101-500 EMPLOYEES:	\$3,500
COMPANIES 501-1,000 EMPLOYEES:	\$5,500
COMPANIES 1,001+ EMPLOYEES:	\$7,500
INSURANCE BROKERS & CARRIERS:	\$988



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