

FAIRFAX WELLNESS

Your Company's Ultimate Handbook for Wellness.



A RESOURCE FOR WELLBEING



We are committed to helping individuals and teams develop mental & physical strength, confidence & positivity, encouragement & education, and promote community & diversity.

WHAT WE OFFER

We curate, distribute & manage wellbeing content delivered IRL, or through our customized Web, iPhone & Android App.

This is all in collaboration with our extensive, and global network of quality practitioners & vendors.



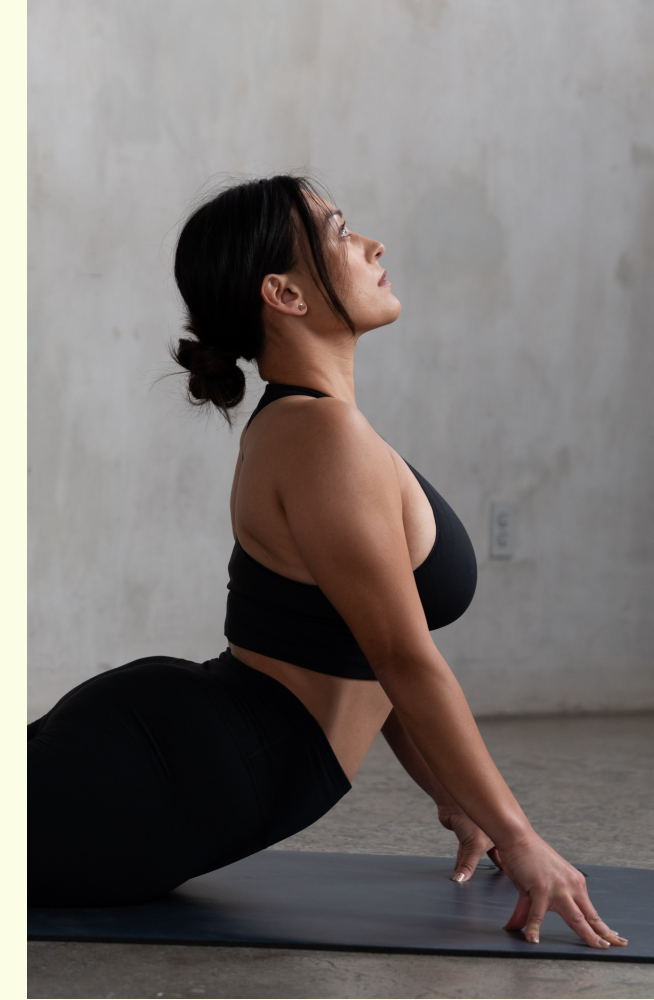
OUR MISSION



**OUR GOAL IS TO MOTIVATE,
TEACH, AND EQUIP EVERY TEAM
MEMBER WITH THE TOOLS
THEY NEED TO BECOME A
HEALTHIER VERSION OF
THEMSELVES.**

OUR COMMITTMENT

Our team at Fairfax Wellness is committed to collaborating **with you** to create a tailored wellness program for your employees that aligns **with your vision and budget.**



OFFERINGS I

Custom App



Consulting and PLanning



Content Newsletters



Nutrition Analysis



OFFERINGS II

On-sites/Off-sites



Speaking Engagements



Wellness Fairs



Sport Leagues



Gym Management

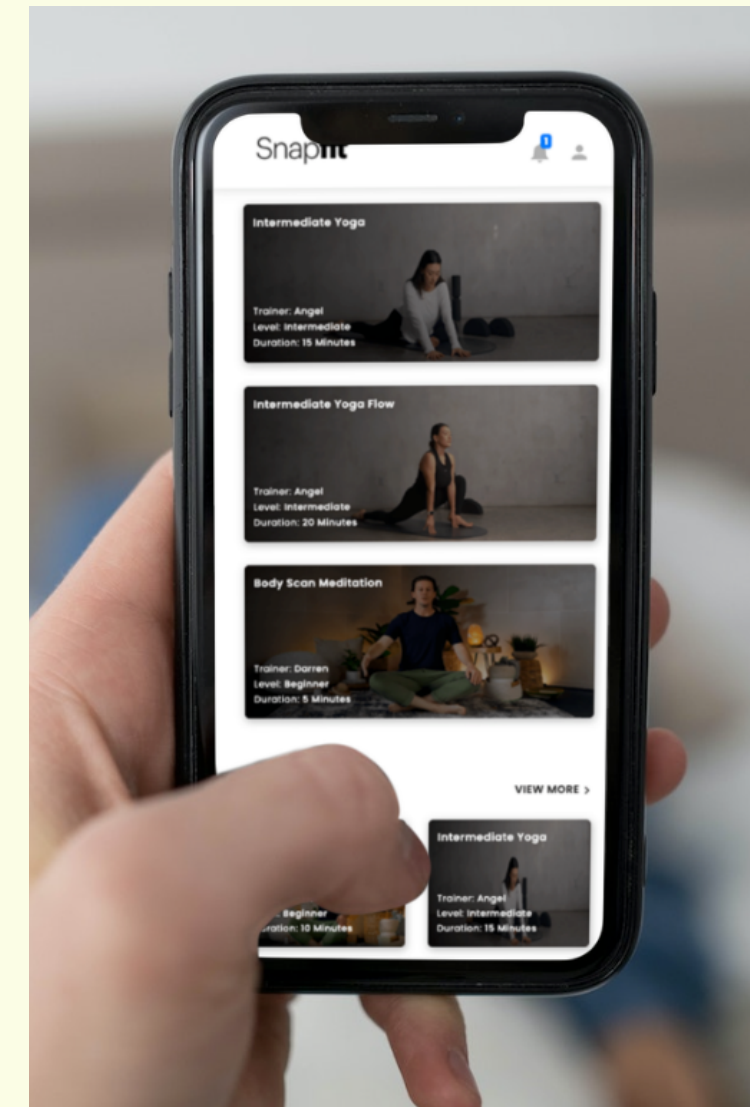


CUSTOM APP

PRICING

1-50 employees:	\$120 PEPY
51-250 employees:	\$100 PEPY
251-500 employees:	\$90 PEPY
501-1000 employees:	\$80 PEPY
1001+ employees:	\$75 PEPY

Our tailored FTC app, designed exclusively to cater to the unique requirements of your corporate team, serves as a comprehensive solution for consolidating all aspects of employee well-being within a single platform. This resource-rich application not only offers a wide array of live and on-demand wellness classes and engaging challenges but also functions as a gateway to seamlessly access a range of trusted wellness vendors and their services. With this virtual well-being portal, we aim to streamline and enhance your team's health and wellness experience, promoting a holistic approach to employee well-being while simplifying access to valuable resources and activities, all conveniently housed in one user-friendly platform.



CONSULTING/ PLANNING

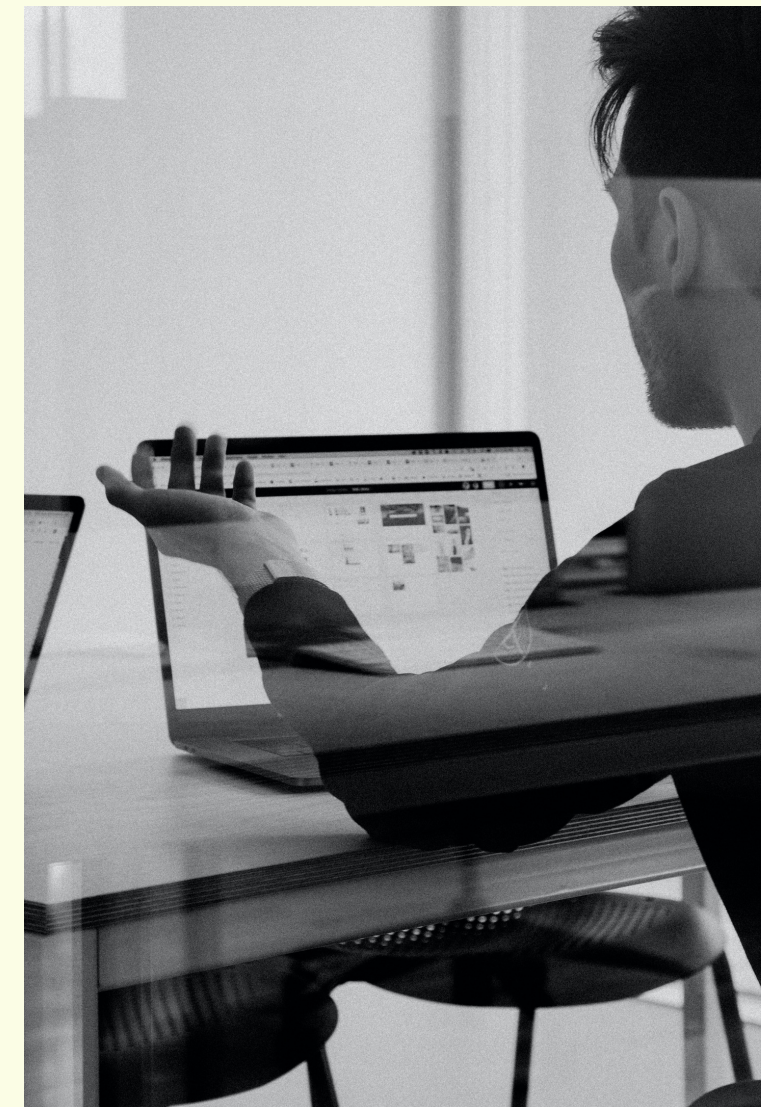
PRICING

Starts at \$1,995*

*Dependent on employee count
and plan customization

Our goal is to create a comprehensive wellbeing program that aligns with your company culture and values. We understand that every organization is unique, and thus, we tailor our services to meet your specific needs. Our team of experts will collaborate with you to design a program that supports the physical, mental, and emotional health of your employees.

From fitness challenges to mindfulness workshops, we offer a wide range of activities that cater to different interests and abilities. We believe that investing in the wellbeing of your workforce is critical to boosting productivity, reducing absenteeism, and enhancing overall job satisfaction.



CONTENT NEWSLETTER

Our team of wellness experts works diligently to curate informative and engaging wellness tips that resonate with your employees. Additionally, our streamlined approach to event promotion through newsletters ensures that you can effortlessly reach all of your employees with all of the necessary details on upcoming wellness events, workshops, and challenges, fostering a stronger culture of well-being within their organization.

We understand that well-being isn't just a concept but an ongoing journey, and our newsletters serve as a vital tool in keeping everyone informed, inspired, and engaged along the way.

PRICING

\$995/month
(6 months minimum)



NUTRITION ANALYSIS

PRICING

\$1,499

Additional:
Lunch & Learn
1-1 Coaching

With a licensed nutritionist leading the charge, we embark on a systematic evaluation of your current office snack and meal offerings. This process extends beyond a mere assessment; it serves as the bedrock upon which we build a healthier, more nutritious dietary landscape tailored to your unique company culture and budget constraints.

We empower you to take charge of your employees' health and nutrition through interactive and engaging programs. The same expert nutritionist can lead Lunch & Learn sessions, providing valuable insights and practical advice on healthy eating. Additionally, they offer one-on-one nutritional coaching, providing personalized guidance to employees looking to make sustainable changes in their dietary habits. In doing so, we create an enduring foundation for well-being within your organization, where healthy choices become not just a practice but a way of life.



OFF-SITES

PRICING

*Dependent on employee count and plan customization

For company off-sites, we transform the traditional corporate retreat into a holistic well-being experience. From mindfulness sessions to team-building activities that promote health and wellness, we provide a tailored approach that aligns with your organization's goals and values. These off-sites not only serve as a platform for team bonding but also as an opportunity for employees to learn valuable well-being techniques that they can carry forward into their everyday lives.

This includes strategies such as incorporating health-conscious catering options, offering relaxation spaces, and even organizing wellness-focused workshops or activities. Our aim is to create an environment where your team can thrive, fostering a culture of well-being that extends far beyond the meeting room.



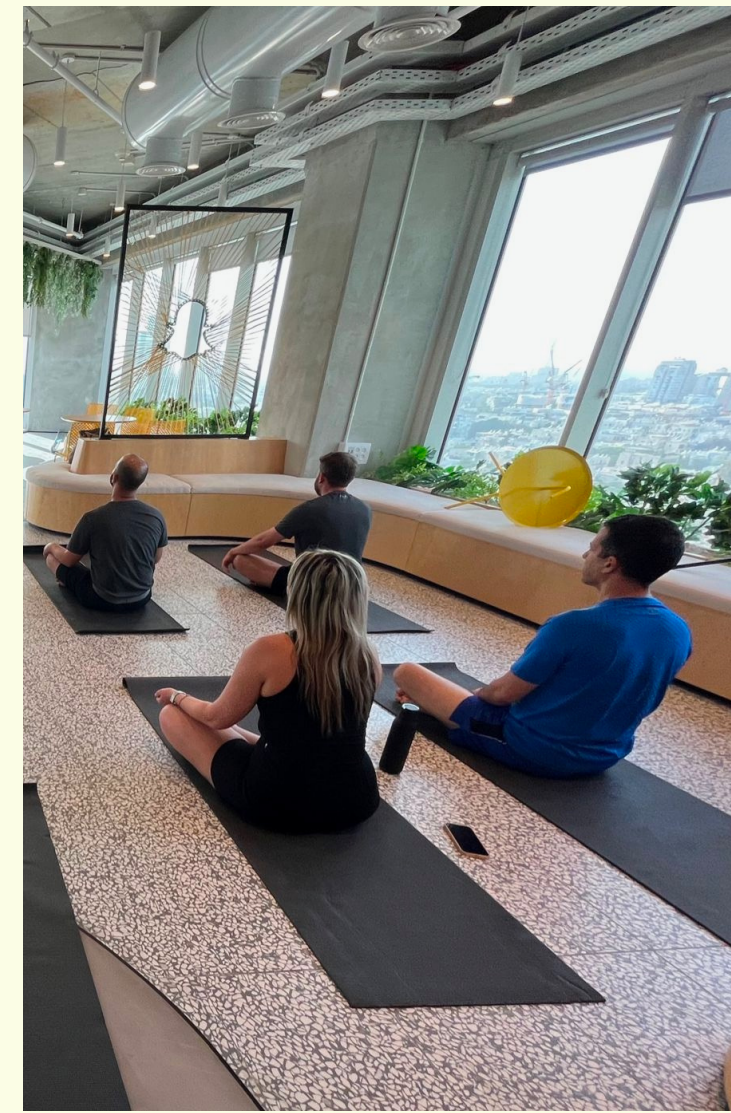
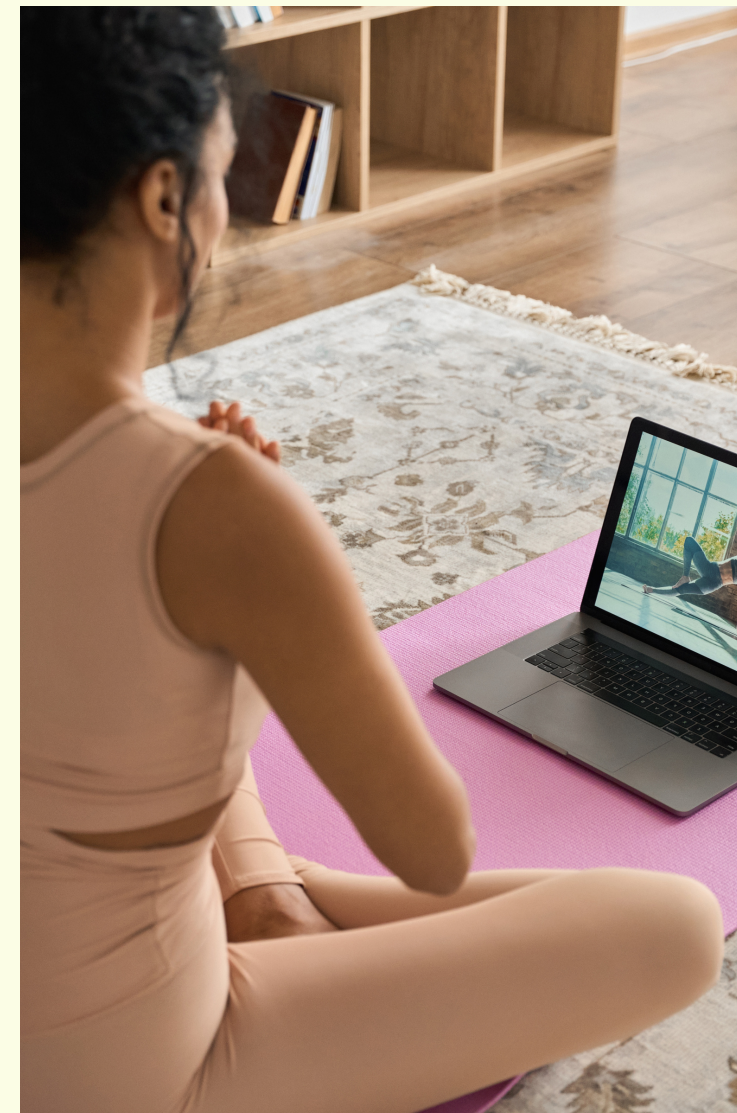
WELLNESS CLASSES

These single sessions each lasting up to 90 minutes, encompass a wide array of subjects and classes designed to cater to the diverse wellness needs of your team. Whether it's unwinding after a high-pressure team meeting or energizing before embarking on an important project, our classes are meticulously crafted to facilitate both relaxation and rejuvenation.

For instance, you can opt for a soothing meditation session to de-stress and center your team's focus, or perhaps a stretching class to alleviate tension and improve overall well-being. Similarly, our exercise classes are structured to enhance physical fitness and vitality, ensuring that your team is not just productive but also actively engaged in a healthier, more balanced lifestyle. At the heart of these offerings is our unwavering commitment to your team's well-being, offering them the knowledge, skills, and tools to thrive both in and out of the workplace.

PRICING

Virtual Class: \$399
In Person Class: \$419



SPEAKING ENGAGEMENT

PRICING

*\$1,999+

*Dependent on the guest speaker rate

We believe that by bringing together people from diverse backgrounds, we can create a community that is inclusive and supportive. Our expert panels and fireside chats are designed to be engaging and informative, covering a wide range of topics such as mental health, physical fitness, nutrition, and mindfulness.

In addition to featuring popular talent, we also believe in empowering individuals within your own company to become strong public speakers and moderators. That's why we have volunteer moderators from your company teams work alongside us to develop these skills. This not only benefits the individuals involved, but also contributes to a more dynamic and engaging event. We believe that everyone has something valuable to contribute to the conversation around wellbeing, and we are committed to creating opportunities for all voices to be heard.



WELLNESS FAIRS

PRICING

\$2,999

Wellness fairs are a great way for individuals to learn more about their health and wellbeing. By partnering with our trusted instructors and vendors, we are able to provide them with the resources and knowledge they need to make informed decisions about their health.

At these events, attendees can expect to find a variety of health-focused activities and resources, such as fitness classes, healthy cooking demonstrations, and informative seminars. Our goal is to empower individuals to take control of their wellbeing and make positive changes in their lives.



SPORT LEAGUES

PRICING

\$2,999/year

Our team takes pride in ensuring that every member of our organization has the opportunity to participate in a variety of athletic events throughout the year. From basketball to soccer, and even running races, we manage all of the signups and logistics to make sure everyone has a chance to get involved.

Sports leagues are a great way for team members to stay active, build relationships, and have fun outside of the office. We encourage everyone to join in, regardless of their skill level or previous experience.

Additionally, we work with local organizers to secure spots in popular races and provide support for our team members throughout the process. Whether you're a seasoned runner or just starting out, we're here to help you achieve your goals and have a great time doing it.



GYM MANAGEMENT

PRICING

\$2,999/month

Providing employees with access to a gym or wellness center within the office space can have a significant positive impact on their physical and mental health. However, managing the center and ensuring that the equipment is well-maintained and up-to-date can be a challenging task. That's where we can help - we specialize in managing the center experience and taking care of all the details, so you can focus on your core business.

Investing in a gym or wellness center within your office space is a wise decision that can have long-lasting benefits for your employees and your business. With our help, you can ensure that the center is managed efficiently and effectively, while providing your employees with the tools they need to lead healthier and happier lives.





THANK
YOU.

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