

Mindfulness & Movement Rx Seminar for employees



Here's the Rx for your Team

- 1. DISCOVER the WHAT:** Participants take a simple yet insightful Self-Assessment that highlights their specific opportunities to improve musculoskeletal, emotional and work health.
- 2. LEARN the HOW:** The live seminar presents a clear set of high-impact physical and mental actions to take to improve those categories of health.
- 3. DEVELOP the HABIT:** It takes as little as 4 weeks to see lasting change in body and mind. Your After-Action report provides individualized and population-level guidance for employees to develop targeted self-care habits.

Here's the Rx for your Bottom Line

83% Musculoskeletal health conditions are a top 4 driver of health costs and productivity loss in every industry. Reduce your risk here by up to 83% with education and engagement.

5% Mental & Emotional health conditions are a top 2 driver of health and productivity cost. Over 40% of employees experience persistent stress & anxiety, yet EAP program utilization is under 5%. Mindfulness and movement – when done correctly – are the cheapest and most effective tools to improve stress & anxiety.

228 Your typical employee loses 228 work hours every year to health-related productivity erosion. Invest in mindfulness & movement and get 100 of those hours back.

“This program saved my job.”

“That was THE best training we have EVER had.”

“It was remarkable the difference they felt within 15-20 minutes!”



Get This for Your Team, Too <https://50to10.today/m2rx>