



Stress Management Seminar - Need help managing your stress levels in today's fast paced way of life? Learn practical techniques to control stress that can be applied on a daily basis.

Health and Wellness Seminar - Let us give you an overview of the benefits of making healthy lifestyle choices. This includes goal setting, the 5 components of fitness, nutrition tips and myths along with some tips for success.

Weight Management Seminar - Achieve long term weight loss success with an understanding of the tools needed to keep the weight off. This is a practical look at weight management.

Time Management Seminar - Learn effective strategies for better managing your workload. This includes scheduling / planning, to-do lists and procrastination.

Motivation Seminar - We show you how to incorporate motivation techniques that will help you take the first step and how to keep the momentum going.

Goal Setting for Behavioral Change Seminar - "Goals give you a compass that directs your path through life." We can assist in your journey by teaching you the right goal setting tools.

Relaxation Workshop - Employees will actively participate in practical relaxation techniques. Be prepared to walk away renewed and relaxed. Mats provided if requested.

Team building Workshop - Need a break from the day to day office interactions? We can lend a hand to get your employees working together during this fun session. This is a great morale booster that allows people to see another side to their co-workers.

Weight Room Tours - Take the mystery out of how to get started in the weight room as we show you how to safely use all that confusing equipment. Included are some important training tips and principles.

Work/Life Balance - Help create a state of wellbeing in your employees that will allow them to effectively manage balancing the tasks required between work, home, and their community.

Smoothie Challenge - Let the smoothie making contest begin! Employees engage in a little healthy competition - and learn about healthy food choices along the way. Great lunch time activity!

Setting Yourself Up for Success - Success is not the key to happiness. Happiness is the key to success! Walk away with some planning and organization tools, techniques, and tips to create healthy habits, increased productivity and decrease stress.

\$150 per seminar or workshop. Customized packages available to best suit your company's needs.

Corporate Fitness Challenge

Have your employees compete in an internal Fitness Challenge or extend the challenge to another company in your community! This fun 12 week challenge is designed to motivate your employees to meet their health and wellness goals. The challenge includes three seminars and body composition tests.

\$400 + \$75 (pre/mid/post test) per person

All services are provided by certified instructors and skilled presenters. Presentations can be done onsite or space can be booked at GPRC if needed.

Work well...
live well!

supported by:



10726 - 106 Ave
Grande Prairie AB T8V 4C4
Phone: 780-539-2918
www.gprc.ca/bffl