

Kapnick Strive supports a culture of health and wellness. Our goal is to help employees achieve their best health by providing education, support, resources and rewards. Four of our exciting complimentary resources for 2023 include our monthly wellness webinars & newsletters, partnership access to Les Mills' virtual workouts, and quarterly meditation moments.



The Future is Riding on AJAX.®



## MONTHLY WELLNESS WEBINARS

Our monthly wellness webinars are free, open to everyone, and cover a variety of well-being topics.

A few of our upcoming topics include:

**Sleep:** Learn about the relationship between sleep and health.

**Sustainability & Health:** Our environment affects our health more than we may think.

**PTSD Awareness:** PTSD doesn't only affect veterans. Learn more about this common mental health condition.

**All About Arthritis:** What causes arthritis and what can we do to prevent and ease our aches?

**& More!**



## MONTHLY NEWSLETTERS

Just like our wellness webinars, our monthly newsletters are free and available to everyone. Each newsletter includes:

- A wellness article
- A healthy (& tasty) recipe
- A brain-stimulating crossword puzzle
- & More!



## MEDITATION MOMENTS

Meditation has been shown to reduce stress, provide mental clarity, reduce anxiety, regulation emotions, reduce blood pressure, and nurture a positive mindset.

Join our new quarterly meditation moments to claim space for yourself, slow down, and breathe.

**Occurring on:**

**Wednesday, March 8th**

**Wednesday, June 14th**

**Wednesday, September 13th**

**Wednesday, December 13th**

**2:00 - 2:30 PM EST**

To register for meditation moments, scan the QR code!



## WORKOUTS FOR YOUR WORLD

On behalf of Kapnick Strive, we are offering an exclusive discount to a global fitness platform accessed by millions that can be used anyone, anywhere.

Les Mills provides:

**Education:**

- Les Mills Lab—check out the science behind different programs
- Beginner tutorials and technique intros

**Variety:**

- 13 programs with 15-55 minute workouts
- Use a full set of equipment or none

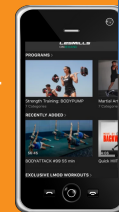
**Accountability:**

- Workout plans and personalized coaching available
- Supportive online community

**30 DAY FREE TRIAL**  
\$12.99/MO AFTER TRIAL

**UP TO 5 USERS PER ACCOUNT**  
NO CONTRACT

**USE ANY SMART DEVICE TO**  
STREAM, DOWNLOAD, OR  
CAST



To access Les Mills, use the QR code provided.