



Healthy Culture.
Healthy Behaviors.
Healthy People.
Healthy Companies.

WellSteps Virtual Lunch and Learn Webinars

Help employees get great wellness content from industry experts without paying a big speakers fee or arranging for a guest parking pass!

With WellSteps Virtual Lunch and Learns you will:

- Give your employees the health information they need
- Motivate your employees to change behaviors
- Create a worksite culture of health
- Supercharge your wellness program
- Dramatically improve wellness program participation

With a Virtual Lunch and Learn you can:

- Reach every employee, regardless of where they work
- Provide a professional presentation your employees will love
- Get presentation materials
- Have live Q&A with national experts
- Get a recorded video of the entire meeting
- Get free marketing and communication materials

“This was the best meeting we’ve ever had at this company”

“Now I see why our wellness program is so important”

Get started with three easy steps:

1. pick a date and topic
2. set up a computer and projector
3. login

We have Virtual Lunch and Learn topics for employees and senior management.

Topics for Senior Management:

The Business Case for Wellness
Improving the Bottom Line, by Improving Employee Health
Wellness Program Best Practices
Creating a Worksite Culture of Health
Others...

Topics for Employees:

10-20 Extra Years of Life: The Choice is Yours
Exercise for the unmotivated
Eating healthy at the office: How to avoid the donuts and other helpful tips
I’ll start my diet Monday: Overcoming the diet-binge cycle
Finding My Marbles: Simple steps to joy
Sweet Dreams: There is rest for the weary!
Random Acts of Kindness
Self-Care Essentials: Basic healthcare skills for you and your family
Money Matters: Everyday money management tips that work
And Many More Topics...

Call (480) 710-7390 to learn more