

Is your team exhausted and stressed?

If their health is an important priority, let us create a wellness plan for you!



NORTHWEST PERSONAL TRAINING

WORKPLACE WELLNESS

It is easier than ever!

We are several months into a global pandemic and many people are feeling stressed, anxious, burned out, exhausted and frazzled. Many are juggling work, child care and various other challenges. If you are looking for ways to support your employees on your team, we can conduct virtual energy breaks, meditation sessions and/or full strength, yoga or stretching sessions. Let us help you!

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