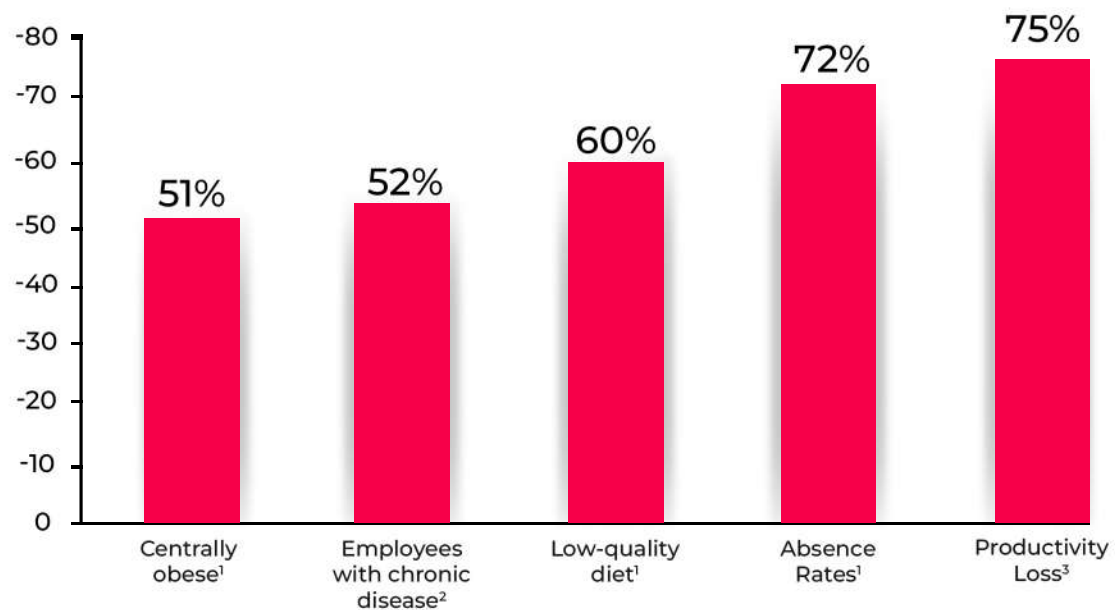




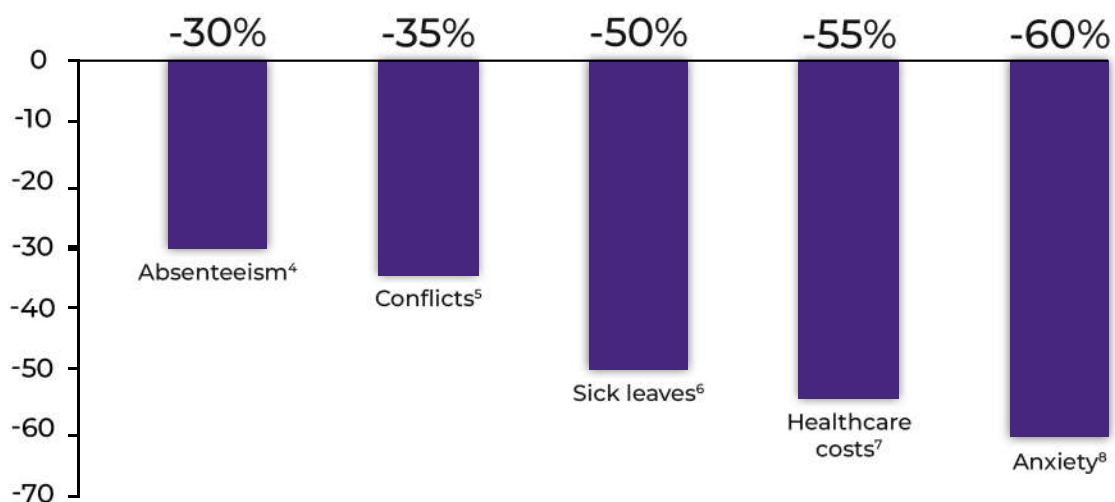
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Poor Health - Low Wealth



Impact of Wellness Training on Workers



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Key Training Topics

Physical health and fitness

- From fat to fit
- The Undiet Code
- Playing the 2nd innings of life
- Change your lifestyle-Change your life
- The nourishing nutrition for a new you
- Muscle is medicine
- Survival for the fittest
- Stress-Sleep connection
- Workout... not just exercise
- Combating premature ageing

Mental, emotional and spiritual health

- The Mindful Diet
- The four healths in you
- Conflict Resolution using EQ
- Converting Reaction into Response
- Emotional Intelligence for Workplace Warriors
- Building a resilient You
- Spiritual Metamorphosis
- Managing workplace stress
- From caterpillar to a butterfly
- Are you anxious or depressed?



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