



Wellbeing Solutions Wellness Offerings (Coaching, Free Wellness Resources – Audio and Video, Online Yoga and Meditation)

FREE:

You Tube Videos and SoundCloud Audios on Moving, Breathing, and Meditations. Take a 3-5 minute break during your work day to relieve stress and tension.

Location: <https://www.wellbeingwv.com/resources> (bottom of page)

30 minute radio shows on each of the 12 dimensions of wellness.

Location: <https://www.wellbeingwv.com/resources> (top of page)

Online Yoga for Complete Wellbeing (integrates mindful movement, breathing, thinking, meditation) <https://www.wellbeingwv.com/yoga> FREE CLASSES week of March 30, reduced rate for healthcare workers for continuing series.

Personal Health & Wellness Coaching (offered at reduced rate for healthcare workers and use HSA for balance) <https://www.wellbeingwv.com/coaching>

Wellness Inventory Subscription

The Wellness Inventory – an online wellbeing management platform referred to by the Stanford Research Institute as a “Foundational Wellness Tool”.

Now is a great time to hit the reset button on your health, cultivate resiliency and strengthen immunity. This is a complete wellbeing approach- body, mind, spirit and energy based on the work of Dr. John Travis.

Included in the tool:

- Whole Person assessment
- Wellness & Motivation Profiles
- My Action Plan
- Email Reminders
- Progress Tracker
- My Wellness Journal
- Wellbeing Study Center with 120 articles
- 12 Resource Centers

Access for 1 year, reduced rate for healthcare professionals

<https://www.wellbeingwv.com/products>