

# Attention Human Resource Manager or Employee Wellness Coordinator

Is this how your employees spend their lunch hour?

**BOOK YOUR FREE Company LUNCH & LEARN**



## HOST ORGANIZATIONS WHO HAVE BENEFITED FROM OUR SERVICES:

- Kwantlen University
- Canada Post
- Terasen gas
- TP Systems Ltd.
- Digifonica
- Semiahmoo House
- Options BC
- FM Well Spring Society
- YMCA
- Peninsula House
- Earl Marriot Secondary School
- Elgin Park Secondary School
- Investors Group
- Osteoporosis Canada

The top 25 companies in BC are leaders not because of their products but because they understand one simple element of truth in business – **“Your Employees are your greatest Asset”**.

Reward and inspire your team by offering an **In-Joy Life Company Lunch and Learn** program. Keep your employees energized, motivated and appreciated. We offer multiple health topics that are presented in an easy to understand and relaxed atmosphere or we can easily tailor a talk to your needs. **Topics include:**

- The 5 Pillars Of A Healthy Lifestyle
  - Managing Stress On The Job
  - Eating For A Life Time Of Wellness
  - Eliminate Foot Pain On The Job
  - How To Have 10 x More Daily Energy
  - Stay Fit For Greater Production
  - Freedom From Headaches & Migraines
  - Minimize the Aging Time Bombs For A Lifetime Of Health And Wellness
- Or let us personally design a wellness talk for your company or organization*

Yes we are interested please call me for more details

Your Name or Contact Person: \_\_\_\_\_

Company /Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

**Please Fax back to (604) 535-7373**

**Limited To 27 Lunch & Learns Per Year. These Will Book Up Fast!**

**CALL TODAY!**

**Your Company's Lunch and Learn is just a phone call away!**

**604-535-7373 or visit us at [www.in-joylife.com](http://www.in-joylife.com)**

