



Welcome to Wunsupona. Our next-generation wellness content is story-based, powerful and entertaining so your employees get what they need, how they need it. [Here](#) is a 30-second sample. Reach me at jessie@wunsupona or [book some time](#) with me if you'd like to chat. Oh, and you can book directly through the buttons in this catalog.

In health and happiness,

Dr. Jessie
FOUNDER

TABLE OF CONTENTS

MENTAL WELLNESS SEMINARS	2
WORK LIFE SEMINARS	3
LIFESTYLE SEMINARS	3
NUTRITION SEMINARS	5
HEALTH SEMINARS	5
FITNESS CLASSES	6
COOKING CLASSES	7
QUICK HIT SEMINARS	8
SOCIAL EVENTS	9
PERSONAL COACHING	9
CUSTOM TALKS	10
OUR OTHER STUFF	10
CANCELLATION POLICY	10
ALL THE LINKS	10

MENTAL WELLNESS SEMINARS

A collection of seminars focused on reducing stress, relieving anxiety and building mental resilience. \$300

[ON MOBILE BOOK HERE](#)

A1. STRESSBUSTING: RUN FROM THE BEAR

We'll explore why we get stressed, where it comes from, and what we can do about it. You'll leave with powerful stress management tools to use every day.

A2. BOUNDARIES BEFORE BURNOUT

70% of people report that burnout is impacting their work, mood, and personal relationships. Learn why placing boundaries is one of the most important self-care strategies you can implement, and how to incorporate them to your day right away.

A3. NOURISHMENT FOR YOUR MIND: CLEARER, SHARPER AND HAPPIER

Our brain plays a role in every activity we do. We'll explore how to take care of it through physical activity, stress management and taking control of your thoughts.

A4. CREATE YOUR OWN HAPPINESS AND LIVE YOUR BEST LIFE

Your happiness does not depend on others. Here's how to create your own happiness at work and home.

A5. RESILIENCE: PROTECTING YOUR MENTAL HEALTH IN STRESSFUL TIMES

Rough patches and difficult, stressful situations are unfortunately part of work and home life. We'll help you discover how strong you really are, and how to become a more resilient, happy person. You'll also learn how bad habits become addictions and healthy coping mechanisms.

A6. A GUIDED RELAXATION AND MINDFULNESS SESSION

Let's take some time to "fill up your cup". Enjoy this guided relaxation and mindfulness session that you

can do anywhere. You'll feel rejuvenated and will have some techniques to use anytime you need a few minutes of wellness.

A7. VIRTUAL REIKE

We all have energy blockages in our bodies. This results in tension, fatigue, and inflammation. Reiki opens the energy blockages and helps energy to flow more freely. Reported benefits include less stress, better sleep, improved emotional health and an overall more relaxed state of mind.

A8. AROMATHERAPY

Scents and smells can impact our mood, alertness and even our emotional well-being. Discover how to combine different scents to get the benefits you need. The scents will be listed for you prior to the class so attendees can have them during the session.

A9. YOGA

Build strength and flexibility with this beginner yoga class. A certified yoga instructor leads you through a series of yoga movements and stretches that will improve your overall health. *\$250*

A10. HOW TO RELIEVE ANXIETY AND BECOME HAPPIER

Anxiety is not stress, and it takes a different skill set to overcome. Let's explore what anxiety really is, what causes it, and how to manage it so that you can live a happy life, even in anxious times.

A11. BREATHE BETTER, LIVE BETTER: THE COMPLETE GUIDE TO BREATHWORK

Breathwork is a stress reduction technique that calms the mind, improves clarity and reduces anxiety. Knowing how to use our breath can help with so many of life's challenges; we'll teach you how.

A12. HOW TO OVERCOME FEAR AND JUMPSTART A BETTER LIFE

Whether it's public speaking, snakes or taking on new responsibilities at work, we all have our fears, and they keep us from living our best lives. Fortunately, there are proven strategies for overcoming them. You'll gain a new perspective on fear, and practical strategies for using it to enhance your life.

WORK LIFE SEMINARS

Our library of work-related sessions; ergonomics, work-life, communication, time management and much more. \$300

[ON MOBILE BOOK HERE](#)

B1. GET FIT WHILE YOU SIT WITH THESE AWESOME ERGONOMIC HACKS

In this active session, you'll discover how strength, movement and stretching exercises, all from an office chair, can allow you to have better posture and less pain.

B2. HARMONY AND HAPPINESS

Find the equilibrium between your professional and personal life. Learn how to unplug, to reduce activities that waste time, and to enjoy, without distraction, activities that fulfill you so that you can achieve more at work and at home.

B3. BOUNDARIES BEFORE BURN OUT

70% of people report that burnout is impacting their work, mood, and personal relationships. Learn why placing boundaries is one of the most important self-care strategies you can implement, and how to incorporate them to your day right away.

B4. HOW TO MAXIMIZE YOUR DAY

We all have 1440 minutes in a day, how do some people get so much more done? It's because they've got a strategy. You can too. You'll learn to manage your time differently, the myth of multi-tasking, and how to become more efficient and productive.

B5. RESILIENCE: PROTECTING YOUR MENTAL HEALTH IN STRESSFUL TIMES

Rough patches and difficult, stressful situations are unfortunately part of work and home life. We'll help you discover how strong you really are, and how to become a more resilient, happy person. You'll also learn how bad habits become addictions and healthy coping mechanisms.

B6. CREATE YOUR OWN HAPPINESS AND LIVE YOUR BEST LIFE

Your happiness does not depend on others. Here's how to create your own happiness at work and home.

B7. PERSONALIZED SELF-DEFENSE FOR ANY PROFESSION

Learn the fundamentals of self defense, how to develop a mindset that will help to keep you safe and how to apply it to all work-life scenarios. The class can be tailored to your specific profession and risks.

B8. PERSONAL GROWTH IN A PROFESSIONAL WORLD

Do you dream of bigger and better things? What's holding you back? Is it fear, a lack of motivation or connection, or something entirely different? You'll leave the seminar with the ability to identify your personal barriers and practical strategies to overcome them.

B9. MAKE MOVEMENT YOUR MISSION

"I don't have time for the gym" is a favorite excuse. We'll help shift your mindset. Discover what exercise "should" look like, and how you can use little moments throughout your day to make movement your mission and burn calories without a gym.

LIFESTYLE SEMINARS

A collection designed to help attendees achieve more wellness and happiness every day. \$300

[ON MOBILE BOOK HERE](#)

C1. HOW TO BUILD UNSTOPPABLE AND LASTING SELF-ESTEEM

We all experience self-doubt from time to time, but low self-esteem can harm our relationships, motivation, health and fortitude. The good news is there are ways to increase your self-esteem, feel better about yourself, and become happier.

C2. BETTER SLEEP: FINALLY GET WHAT YOUR BODY CRAVES

Sleep is essential for our physical and mental health, yet the vast majority of us don't get nearly enough. Let's explore the importance of high-quality sleep,

how it impacts every part of your overall health, and how to achieve it. Wake up refreshed.

C3. BUILD HEALTHY HABITS THAT LAST

More than 40% of what you do is habit. Learn how they're formed and how to use them to build a sustainable routine that helps you stay healthier and happier, perform better at work, care for others better at home and accomplish more in a day.

C4. HOW TO FIND YOUR STYLE AND YOUR CONFIDENCE

How you dress on the outside can directly correlate to how you feel on the inside. Let's take a step into your closet to learn what clothes, colors, and accessories can help you give off the image you want, leaving you feeling happy, confident, and strong.

C5. CREATE YOUR OWN HAPPINESS AND LIVE YOUR BEST LIFE

Your happiness does not depend on others. You can create your own happiness at work and at home. We'll show you how.

C6. CAREGIVER SUPPORT: WHY YOU PUT YOUR OWN OXYGEN MASK ON FIRST

Providing care for an elderly friend or relative can be difficult. Caregivers can easily burnout as they deal with loved ones developing dementia or other conditions. We'll examine how to care for yourself, while caring for others.

C7. PERSONALIZED SELF-DEFENSE FOR YOUR PROFESSION

In this interactive self-defense session, you'll learn the basics of Krav Maga, an Israeli martial art considered to be one of the world's most effective methods of self-defense, and how to apply it to all work life scenarios. We can customize to your group's specific profession or circumstances.

C8. PERSONAL FINANCE BASICS: HOW TO BUDGET, SAVE AND GET OUT OF DEBT

An intro level discussion of a variety of personal finance topics, including financial goal setting, budgeting, saving and debt.

C9. SECRETS TO PLANNING A SUCCESSFUL RETIREMENT

Saving for retirement doesn't have to be a mystery. Learn how to supercharge your savings, explore all the ways you can grow wealth, and guard against common retirement planning mistakes.

C10. A STEP-BY-STEP APPROACH TO CREATING A HOUSEHOLD BUDGET: A WORKSHOP

In this hands-virtually-on workshop, participants can follow along as we design a household budget from scratch using our customized budget tool. Prior to the workshop, you will receive the tool to distribute to employees for their personal use. We can tailor to income level and/or demographics. *\$400*

C11. USING COMMUNICATION TO IMPROVE CONNECTEDNESS

Connecting with others in a meaningful way can make us so much happier and more productive. Discover how to enhance your personal and professional relationships through communication and curiosity.

C12. HOW TO CREATE A VISION BOARD AND ACHIEVE YOUR GOALS

In this highly interactive session, we'll put pen to paper to create your vision for yourself or team by guiding you in the creation of a powerful vision board. You'll identify your priorities and create small achievable goals that will help reach your vision. Great for team building.

C13. TRIGGER POINT MASSAGE

Touch is one of the most impactful stress relieving techniques out there. Explore some of the most common pressure points and massage techniques that can immediately release stress, tension and pain.

C14. REVITALIZE YOURSELF THROUGH CREATIVITY

Tap into your creative side by learning ways to utilize the arts (music, dance, visual, and expression) to rejuvenate your body and mind. This interactive session will involve movement, music creation, journaling, and drawing. The only items needed are a pencil and paper.

C15. THE COMPLETE GUIDE TO WEIGHT LOSS (NO DIET REQUIRED)

Weight loss is a mystery for many. Let us remove the guesswork. We'll break down the four components of weight loss – nutrition, stress, sleep and exercise. We'll discuss why diets rarely work, and what actually does.

C16. LIFE HACKS TO STIMULATE YOUR SENSES AND FIND MORE JOY

Did you know that certain music can give you a positive physical reaction? That looking at a certain image can make you more productive? Or that a particular smell can help you remember? There are lots of ways to take advantage of science and our natural world to stimulate our senses and live happier.

NUTRITION SEMINARS

Engaging seminars designed to help attendees understand healthy eating and how to do it every day. \$300

[*ON MOBILE BOOK HERE*](#)

D1. HOW TO FUEL YOUR BODY

We'll dive into the basics of healthy nutrition and hydration. Discover how food and water can fuel your mind, body and mood and learn to enhance your health and fitness through proper nutrition. We'll also explore questions like, how much water should I drink? And, what does a balanced diet look like?

D2. HOW TO EAT MINDFULLY AND ENJOY HEALTHY FOOD

Why am I eating this? We'll explore the concept of eating mindfully. You'll learn to "eat like a connoisseur" by recognizing what (and why) you're eating, so you can avoid emotional eating and mindless snacking.

D3. WHAT'S IN YOUR CART?

Shopping for healthy food can be confusing. In this session we'll cover how to read food labels, discuss strategies like perimeter shopping, and learn how to select the healthy food off of any restaurant menu.

D4. NUTRITION FOR HEALTHY FAMILIES

Variable schedules, differing food preferences, no time. It's more difficult than ever for your family to eat healthy. We'll dive into family nutrition and simple

and effective solutions to building the healthy eating habits they need.

D5. NUTRITION FACTS THEY DON'T WANT YOU TO KNOW

Additives, preservatives, processed foods, and the ways these products are marketed can make healthy nutrition seem so confusing. Is vitamin water healthy or a marketing ploy? Learn how to determine what's really in your food, so you can ignore marketing gimmicks and noise, eat healthier and save money.

D6. THE SURPRISING IMPACT OF FOOD ON YOUR MENTAL HEALTH

Does your food impact your mood? Yes! It also impacts your energy, smell, sex life and more. Learn how foods can effect you physically, mentally and emotionally beginning the minute you eat them.

D7. PLANT-BASED NUTRITION

The secret to health and happiness may lie in our food. Learn what a plant-based diet looks like and how to implement it into your life, even for those meat-eaters out there.

D8. FOODS THAT FLARE

Certain foods can worsen inflammation and trigger steroid responses that increase our blood sugar and drain our energy. We'll uncover what these foods are and how to substitute them in your diet.

HEALTH SEMINARS

Here you'll find information-packed seminars on disease prevention and common illness topics. \$400

[*ON MOBILE BOOK HERE*](#)

E1. HEART HEALTH: HOW TO AVOID THE THING MOST LIKELY TO KILL YOU

Someone in the U.S. dies of heart disease every 38 seconds. There are things we can do during our lives to help keep our hearts strong and healthy. Let's dive into it.

E2. WOMEN'S HEALTH

Designed to teach women how to be proactive with their health. We'll discuss health factors that impact women; good nutrition, exercises as you age, preventative screenings, controlling your stress and

other tips to keep you feeling healthy and strong.

E3. MEN'S HEALTH

Designed to teach men how to be proactive with their health. We'll discuss health factors that impact men; good nutrition, age-appropriate exercises, preventative screenings and other tips to keep you feeling healthy and strong.

E4. KEEPING YOUR KIDS HEALTHY

Healthy families begin at home. We'll explore some fundamental components of healthy families: nutrition, defining values, and handling stressful events. Parents will learn the importance of self-care and modeling a healthy lifestyle.

E5. HOW TO GIVE YOUR IMMUNE SYSTEM SUPERPOWERS

Your body fights disease with billions of mini-soldiers that make up your immune system. Learn how to keep your "disease fighting army" strong and ready.

E6. UNDERSTANDING CANCER

Cancer can be scary. We'll unpack what it is, the types of cancers we frequently hear about, common risk factors, and prevention strategies.

E7. SKIN CARE: RADIANT IN ANY SEASON

Skin is our largest organ. It protects us, insulates us, and is part of our identity. We'll dive into top skin care techniques. Learn how to use nutrition and simple practices to leave your skin feeling fabulous and looking as radiant as if you just left the spa.

E8. HEALTH AND LONGEVITY: THE 55 AND OLDER CLUB

A seminar for those over 55. We'll talk about injury prevention, what good nutrition looks like, how much sleep you need, fitness, how to increase movement in your day, and why socializing becomes even more important as we age.

E9. DIABETES: START REDUCING YOUR RISK BY THIS AFTERNOON

Diabetes is one of the most common chronic medical conditions in the United States, impacting >10% of the population. We'll explore what diabetes is, how to decrease your risk, and how those diagnosed with it can to live the fullest, healthiest lives possible.

E10. THE LATEST ON COVID-19 AND THE COVID-19 VACCINES

Join us for a Q&A session with a doctor. You'll get the latest, up-to-date info about the COVID-19, the COVID-19 vaccines, and discuss the science and latest available data with an expert in the field.

FITNESS CLASSES

These classes take in our virtual gym. They require no equipment beyond water and a sweat towel unless otherwise noted. All are offered as 60 or 30 minutes. \$250/\$200

ON MOBILE BOOK [HERE FOR 60 MIN](#) OR [HERE FOR 30 MIN](#)

F1. FUNCTIONAL MOVEMENT AND MOBILITY

A class designed to enhance everyday movements and protect yourself from injury.

F2. LOW IMPACT CARDIO

Perfect for beginners or those who are trying to protect their joints. Low impact does not mean easy. All participants will be able to increase their heart rate with this session.

F3. BEGINNER STRENGTH TRAINING

Strength training is an essential part of good physical health as we age. Learn how to use everyday objects to start a beginner strength training routine that you can implement throughout your day.

F4. BODY WEIGHT WORKOUT

Employees will use their own body weight to improve strength and help prevent injuries. Movements include lunges, squats, push-ups, planks, and more. This workout can be done anytime, anywhere.

F5. YOGA

Build strength and flexibility with this beginner yoga class. A certified yoga instructor leads you through a series of yoga movements and stretches that will improve your overall health.

F6. CHAIR YOGA/STRETCHING

Rejuvenate yourself with this awesome stretch class that you can do from work or home. Learn some techniques that you can apply anytime you want a healthy break during your busy day.

F7. FLEXIBILITY

Flexibility can improve posture, mobility, coordination and prevent injury. We'll guide you through a flexibility routine.

F8. OFFICE EXERCISES

Learn how to use your office space as your new gym space. The creative fitness class shows you fun ways to stay fit while you sit using items such as your desk, chair, and surrounding walls.

F9. HIGH INTENSITY INTERVAL TRAINING (HIIT)

Want to know what all of the buzz is about? Come check out one of the most popular forms of exercise, HIIT training. This class combines short bursts of more intense exercises with periods of rest or lower-intensity exercise.

F10. ALL AROUND (LOW-IMPACT CARDIO PLUS HIIT)

Designed for groups with varying physical abilities. This cardio HIIT style class is broken into 2 parts. The first half is great for beginners and is low impact, the second half is kicked up meet the needs of those who want a sweaty challenge!

F11. PILATES

This full-body low-impact workout is the ultimate core stabilizer. This class will help improve your posture, flexibility, and mobility.

F12. ZUMBA/LATIN DANCE

It's time to spice things up with your workout routine by adding in a little Latin dancing. Enjoy this upbeat class where you will have fun while increasing cardio endurance and burning major calories!

F13. BARRE

A fun fusion of ballet, yoga, and Pilates is a workout like no other. This class is the perfect combination of low impact with high-intensity movements will increase your strength and flexibility. Please have enough space to move around.

F14. CARDIO KICKBOXING

This high energy fitness class combines a variety of martial arts techniques with high-intensity cardio. It can be modified from beginner to advanced and offers opportunities to improve coordination, stamina, and flexibility, while burning tons of calories! You'll

want some space to move around.

F15. CORPORATE BOOTCAMP

It's time to get to work. Work as a team to push each other to better fitness. This class is a combination of cardio and strength exercises with a friendly challenge thrown into the mix! Make sure you have space to move around.

F16. KRAV MAGA

In this self-defense style fitness class, you'll learn the basics of Krav Maga, an Israeli martial art considered to be one of the world's most effective methods of self-defense, and use it to burn calories! You'll want some space to move around.

COOKING CLASSES

These classes take place live in our virtual kitchen and participants can cook along with us or simply watch and learn for later. \$500

[ON MOBILE BOOK HERE](#)

G1. THE BASIC COOKING DEMO

This concept is so popular and straight forward that we will always have it on our menu. A chef will send you demo options. Select a menu and then receive the recipes in advance. The chef makes the food live during the demo and you can choose to cook along or simply enjoy the show.

G2. THREE RECIPES USING EVERY DAY INGREDIENTS

We'll create several delicious recipes using ingredients found in nearly every pantry.

G3. KITCHEN HACKS AND MEAL PREP SKILLS THAT WILL CHANGE YOUR LIFE

The idea of meal prepping may seem overwhelming but the reality is that it will save you time, money, and calories. Learn how you can cut the amount of time in your kitchen without sacrificing flavor with some of our best meal prepping and other kitchen hacks!

G4. COOKING WITH THE KIDS

Do you have a picky little eater at home? We encourage your littles to teens to join us in the kitchen to whip up some simple healthy meals and snacks that they can help create!

G5. EATING IN SEASON

Seasonal ingredients typically taste better and are less expensive. Learn how to choose and store seasonal foods, and cook some simple, healthy recipes too.

G6. AFFORDABLE, HEALTHY MEALS

Healthy food doesn't mean expensive food. We'll make a menu that is as easy on your wallet as it is tasty and nutritious.

G7. HEALTHY RECIPES IN LESS THAN 15 MINUTES

During this cooking demo, we'll make three balanced meals in one hour! These recipes are great for meal prep so you can eat healthy all week long.

G8. HEART HEALTHY COOKING

We'll cook a heart healthy menu that is low in fat and loaded with whole grains to promote heart health.

G9. SIMPLE HEALTHY SNACKS & APPETIZERS

Healthy snacks are a great way to fuel your body and mind throughout the day. We'll teach you how to set yourself up for successful healthy snacking with 3 wildly popular snacks that you can whip up in no time.

G10. SHEET PAN DINNERS

Healthy dinners just got a whole lot easier and more convenient. Choose 3 of our delicious and healthy sheet pan dinners designed to take the guess work out of "what's for dinner tonight", while also keeping clean-up to a minimum.

G11. CORPORATE COOK-OFF!

Build a sense of community in a fun and creative way as we come together in the kitchen to whip up some quick and healthy snacks. You'll learn prepping techniques for 3 snack recipes. Competitors will then have a set amount of time to build their creations and show them off!

G12. HEALTHY SMOOTHIES

Whether for a healthy breakfast or a mid-day snack, these smoothies are an easy and nutritious way to satisfy your cravings and keep you fueled for hours.

G13. MOCKTAILS

Learn how to make some fun and vibrant non-

alcoholic beverages for your next get together.

G14. NOT YOUR GRANDMA'S COOKIES

Who doesn't let the taste of a good cookie? Follow along to create 3 delicious and nutritious snacks disguised as some of your favorite childhood cookies.

QUICK HIT SEMINARS

These 30-minute sessions are designed to cover the highest yield material from some of our most popular classes. \$200. (Fitness classes can also be booked as 30 minutes.)

[ON MOBILE BOOK HERE](#)

H1. THE BASICS OF HEALTHY NUTRITION

In this compressed version of our *How to Fuel Your Body*, you'll discover how to enhance your health, fitness, mood and weight loss through proper nutrition and hydration.

H2. SLEEP BETTER

We'll explore how sleep impacts your health, how much sleep you should be getting, and we'll provide you with our best strategies for improving the quality of your sleep so you wake up refreshed.

H3. STRESS AND HOW TO RUN FROM THE BEAR

In this condensed version of our full seminar, you'll discover why stress is unhealthy and learn one or two of our favorite StressBusters to harness it.

H4. GUIDED RELAXATION AND MINDFULNESS

Enjoy a rejuvenating, guided relaxation and mindfulness session that you can do anywhere.

H5. WORK-LIFE HARMONY

In this rapid-fire session, we'll review high yield strategies for achieving work-life harmony and balance as well as some time management hacks.

H6. ERGONOMICS

Get fit while you sit with this session on workplace ergonomics and practical office stretching tips.

H7. HYDRATION

We'll uncover the benefits (and myths) surrounding hydration, including how much water you actually need every day and whether bottled water and sports

drinks are truly beneficial.

H8. MOCKTAILS

Learn how to make some fun and vibrant non-alcoholic beverages for your next get together. *\$300*

H9. TRENDS IN NUTRITION: FACT VS FICTION

Superfoods, fad diets, and a million different types of bottled water...we'll explore trending nutrition topics and fads to see if we can cut through the noise and determine which are actually good for you.

H10. STRESSBUSTER: MOVEMENT

Beat stress at its own game and harness the power of fight or flight by moving through your stress.

H11. STRESSBUSTER: THE POWER OF YOUR MIND

Learn how to dial down your stress by using your mind.

H12. CREATIVE EXPRESSIONS

Rejuvenate your body and your mind through creative arts.

H13. BRAIN GAMES

Just like your body needs exercise, your mind needs training to stay sharp and focused. Join us in this highly interactive session of games that challenge your mind.

H14. PERSONAL GROWTH FOR PROFESSIONALS

Identify the most common obstacles you face to obtaining better health, and how to overcome them.

H15. SET A GOAL AND ACHIEVE IT

Learn how to identify a goal and the best way to measure your success with that goal.

H16. HOW TO READ A FOOD LABEL

Explore a nutrition label with us. We'll walk you through what all of the information means so that you can know what's in the food you're eating.

H17. MAKE MOVEMENT YOUR MISSION

"I don't have time for the gym" is a favorite excuse. We'll show you all of the little missed opportunities you have throughout your day to make movement your mission and burn calories without a gym. No

equipment necessary.

H18. THE PERFECT PRE-BED ROUTINE

We'll show you a step-by-step routine, including stretching, body positioning and mood setting to help you prepare for a fantastic night's sleep.

H19. SMALL WORK SPACES, BIG DREAMS

Discover how subtle changes to your office setting can increase your happiness, creativity and productivity by invigorating all 5 senses.

H20. GUIDED BREATHWORK

Calm your mind, reduce stress and gain clarity during a guided breathwork session.

SOCIAL EVENTS

Step outside the norm and create a little fun and excitement! These events are design to help employees let loose and enjoy the company of their coworkers and friends.

[ON MOBILE BOOK HERE](#)

I1. HEALTHY HAPPY HOUR

This is the ultimate virtual healthy social activity. Wrap up your day or week with a fun and healthy happy hour. We'll make a mocktail over great conversation. *\$500*

I2. WINE AND WELLNESS

Spend a virtual evening with us and let's have a real conversation about health. *\$400*

I3. HEALTHY BOOK CLUB

Choose from our list of intriguing health books and articles. We'll send you the list before your session. The reading will provide fodder for a casual, health-based group discussion with one of our health coaches. *\$400*

PERSONAL COACHING

Sometimes employees need 1:1 time with an expert. This stuff is at the core of what we do. These sessions provide a virtual certified coach, trainer or specialist who will work with individuals in 15-minute or 30-minute sessions. \$150/hr

[ON MOBILE BOOK HERE](#)

J1. HEALTH COACHING

Give your employees 1:1 time with a highly trained, certified health coach with expertise in nutrition, stress, sleep, and fitness. They can be scheduled in 15 or 30-minute windows during the block.

J2. PERSONAL TRAINING

Give your employees 1:1 time with a personal trainer with expertise in mobility and agility, strength training, cardiovascular endurance, alignment and building personalized fitness programs. They can be scheduled in 15 or 30-minute windows during the block.

J3. RELAXATION

Give your employees 1:1 time with a relaxation specialist and Reiki Master. Private sessions can include things like guided relaxation, meditation, and virtual Reiki massage. They can be scheduled in 15 or 30-minute windows during the block.

CUSTOM TALKS

*Can't find the topic or concept you're looking for? Easy. We build custom talks all the time. Just **email virtual@wunsupona.com or call (443) 377-1986** and tell us what you're looking for. \$255 and up*

OUR OTHER STUFF

We offer a suite of employee wellness services. Wunsupona Live is our daily live stream of health and wellness. It's like a virtual health fair every day. We also offer 5 sense, immersive in-person health experiences.

[ON MOBILE CLICK HERE](#)

CANCELLATION POLICY

We understand that things happen and schedules can change. You can cancel or reschedule your event at no charge two weeks or more prior to the event. There is a 50% cancellation fee for events canceled less than two weeks prior to the event. We charge 100% of the fee for events canceled with less than 72 hours notice. Thank you for understanding.

ALL THE LINKS

Just in case you printed this or the buttons aren't working...

Book at www.wunsupona.com/virtualinfo

General contact is hello@wunsupona.com

Other corporate offerings at www.wunsupona.com/forbusiness