



BELIEVE IN **BETTER.**

At Wunsupona, we provide best-in-class employee health content. But we are also parents, educators and healthcare professionals who believe everyone should have access to health education.

If your company is very small, or truly struggling, please contact us and we'll work out separate pricing.

Dr. Jessie
FOUNDER

Hate reading or just don't know where to start?

TALK TO A HUMAN

VIRTUAL

Choose from 60+ next-gen, wellness workshops, seminars, fitness & cooking classes. Or we'll make it custom.

200
AND UP

CATALOG & PRICING

LIVE

10+ hours/week of live, virtual health and wellness content, fitness & cooking classes, social events, chats, games & give-aways.

EMPLOYEES

	<1000	1000-3000	>3000
Wk	1,100	1,100	CUSTOM
Mth	1,680	3,080	CUSTOM
Quarter	4,130	7,350	CUSTOM
Annual	10,800	18,480	CUSTOM

BOOK A DEMO

RETREATS

Our in-person corporate offering; we'll come to you. This isn't a health fair, it's a full sensory, immersive experience. Select our rejuvenate or our energize retreat.

3000
AND UP

BOOK A CHAT

COACHING

Employees get 1:1 time virtually with a certified health coach or personal trainer in 15 or 30-minute blocks.

150 /HR

BOOK COACHING

hello@wunsupona.com

PRICES CURRENT AS OF 7/17/2022





VIRTUAL WELLNESS REIMAGINED

We offer **powerful, story-based health and wellness** educational seminars, fitness classes and cooking demos.

Our booking system is automated & easy. Just book on our calendar and you'll get a Zoom link to forward to your company.

BROWSE & BOOK

LEARN MORE

"This is freaking awesome. So powerful and impactful. My Director said that was the best virtual presentation she's ever seen."

TIFFANY, BIOMARIN



WATCH A 30-SECOND CLIP



WELLNESS SEMINARS

Enjoy an engaging session on nutrition, stress, mind, body, finance, work-life, general health or request something made just for you. Our **seminars are designed to be entertaining and educational**, and our speakers are carefully selected for their expertise and ability to engage an audience.



FITNESS CLASSES

We offer a nearly endless variety of classes for all experience levels. From office workouts & stretching to cardio, latin dance to Krav Maga. Each class can be 30 or 60 minutes. No equipment required.



COOKING CLASSES

Join us in the kitchen as our chefs teach you how to make delicious healthy meals, snacks, smoothies, mocktails and more. Recipe cards are provided.

wunsupona.com/virtualinfo



NEXT-GEN WELLNESS CONTENT. DELIVERED DAILY.

Imagine offering your employees 10+ live, engaging virtual shows each week. **This is Wunsupona Live.**

Is coffee good for you? Can a cold bath bring you joy? We tackle all sorts of health questions that matter. And we throw in daily fitness classes, cooking demos and guided meditations. Plus social events, chats, games & give-aways. Designed to inspire.

BOOK A DEMO

LEARN MORE

"The enthusiasm and energy is wonderful. I already have employees telling me about it."

JAZMIN, Carestream
DENTAL



SIMPLE TO ENROLL, EASY TO USE

No complicated invoices or multiple links. Sign up one time and your employees get access to the most innovative corporate wellness ever designed, every day, for as long as you want.



NEXT-GEN, ENGAGING CONTENT

A live stream of nutrition, resilience, work-life seminars. Fitness and cooking classes. Social events. Integrated chats, polls, and give-aways. Everything except powerpoint.



HAND-CRAFTED BY EXPERTS

Designed by doctors, nutritionists, breathwork specialists, personal trainers and other experts. And we only ask interesting ones.

wunsupona.com/liveinfo



AN IMMERSIVE HEALTH EXPERIENCE.

We transform your space into a spa-like wellness retreat. Each is hand-crafted to **engage all 5 senses** as experts lead employees on an immersive journey through **relaxation and rejuvenation** experiences.

Our retreats are **designed to engage and educate**. Attendees will leave with a toolkit to use anytime, anywhere.

PLAN YOUR RETREAT

LEARN MORE

Classic

\$3000 3 HR; UP TO 200 PEOPLE (outside Baltimore/DC add. costs may apply)

AROMATHERAPY

Discover how a collection of essential oils can refresh your mind, body and spirit.

BRAIN GAMES

Come play some games designed to release your mind, improve memory and focus.

VIRTUAL REALITY MEDITATION

Discover yourself during this immersive experience that enhances relaxation in a virtual reality environment.

AND ONE OF

STRESSBUSTERS: BUBBLES & BREATHWORK

Harness the power of breathing to help energize, relax or regulate.

MINDFUL EATING

Explore the causes of emotional eating and learn three powerful techniques to overcome it.

AND ONE OF

CHAIR YOGA *

Our yoga specialist guides you through a series of office yoga, that you can do everyday.

REIKI/ENERGY MASSAGE *

Experience the relaxing power of Reiki in a session with our Reiki Master.

Enhancements

3 HRS UP TO 100 PEOPLE

HYDRATION BAR \$650

Enjoy an assortment of infused waters, each with a unique flavor profile complemented by aroma and sound.

GUIDED CHRYOTHERAPY \$550

Harness the restorative powers of the cold. Learn stress reduction techniques while your hands and arms are immersed in ice water.

TEA TASTING BAR \$675

Sip on perfectly brewed selection of teas while exploring the health benefits of this amazing drink.

ASSISTED STRETCHING AND MOVEMENT * \$650

Improve flexibility and increase your range of motion with this super stretch and myofascial release class.

ERGONOMICS & OFFICE EXERCISES \$500

Enhance your posture with simple body alignment, strength, cardio and stretching techniques to help alleviate and prevent pain.

MOCKTAILS OR SMOOTHIES CUSTOM

We'll create fresh drinks to sample along with recipe cards and instructional videos.

FOOD CUSTOM

We'll prepare snacks, proteins or desserts crafted to complement and integrate into the sessions.

Attendees get goodie bags and access to videos that complement the sessions.

* Uses noise cancellation and music to provide a transformational experience.

wunsupona.com/retreatinfo

PRIVATE SESSIONS FOR A PERSONAL TOUCH.

At our heart, we're a health coaching company. Your employees can get world-class health coaching and a holistic plan built for them based on their needs; just like our boutique clients.

We offer time blocks of virtual sessions with a health coach or personal trainer. These are segmented into 15 or 30-minute 1:1 private sessions.

BOOK COACHING

LEARN MORE



I've grown in ways I didn't expect. Sleep, self-esteem and so much more. My coach just really, really knew how to help me.

DANI

My coach has become my big sister. She's gotten me to live a healthier life, tailors my workouts and texts with me every day..

KAY



My coach is a cheerleader, friend and relentless butt-kicker. I've lost 50 pounds and gained confidence, strength and a renewed hope for the future.

BRENDON

My coach embodies enthusiasm and is committed to me. I'm stronger and am so proud to role model that for my kids. If you want change, call them.

LINDSEY



As a senior citizen with health issues, my coach has helped me tremendously. Especially the breathing exercises, strategies for chronic pain and recipes.

KATHY



wunsupona.com/forbusiness
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