

# A full year of meaningful wellness.

Where Science Meets Story

Wunsupona's *Connections* is a modern employee wellness program of expert-led conversations, challenges, social accountability, incentives and practical tools designed to drive engagement and lasting change.

## The Seminars

We explore classic wellness topics like stress, burnout, nutrition, general health and personal growth, but we use stories and conversation instead of dull slides. This format lets us dive into the messy, real parts of life. Participants share, support, and connect, leaving inspired and connected.

Month	Monthly Theme	Seminar
January	Mindset	Words of Wisdom to My Younger Self
February	Relationships	The Science of Why We Click
March	Nutrition	The Food Stories We've Been Told <b>4 Week Mindful Eating and Meal Prep Challenge</b>
April	Stress	Your Stress Response Didn't Change: Your To-Do List Did
May	Mental Health	The Gentle Art of Breath Work <b>Mission: Good Vibes Challenge</b>
June	Brain Health	Keeping Your Brain Sharp and Your Keys in Sight
July	Money Health	Where to Put Your Next Dollar <b>Financial Scavenger Hunt Challenge</b>
August	Men's Health	Strong, Silent and Struggling

First Tuesday of each month **2 PM EST** Moves to the 2<sup>nd</sup> Thursday if a holiday falls on the first.

Month	Monthly Theme	Seminar
September	Cholesterol	The Silent Force that Makes Earwax...Blood Clots <b>A Dozen Days of Movement Challenge</b>
October	Women's Health	What Menopause Moment Made You Think, 'huh, this is new'?
November	Caregivers	Care for Others Without Losing Yourself <b>7 Ways to Rest BINGO Challenge</b>
December	Whimsy	Office Magic Tricks You Can Do Between Meetings
January	Mindset	The Stories We Carry In Silence

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## The Challenges

Dive deeper, build habits, stay inspired. Challenges are rooted in behavioral science and designed with a rewards system to keep engagement sky high. Office hours, social support and accountability are built-in.

### What to expect

<b>MARCH</b>	Mindful Eating & Meal Prep	Weekly nutrition challenges with tips, recipes, and quick cooking videos. Plus open coaching sessions to talk through real-life nutrition and cooking struggles.
<b>MAY</b>	Mission: Good Vibes	A 10-day gratitude mission designed to boost your mood and spread good vibes. Complete daily tasks - some solo, some with colleagues - to win and feel better doing it.
<b>JULY</b>	Financial Scavenger Hunt	Complete money-saving challenges like finding free local activities, using coupons, or cutting subscriptions. Earn points for each task and for sharing stories.
<b>SEPT</b>	Movement	Choose one of two movement paths and complete simple daily challenges designed to help you move more - your way. Finish the challenge to win.
<b>NOV</b>	Ways to Rest	Complete rest-focused tasks to get BINGO and discover how easy it is to rest, recharge, and rejuvenate throughout your day.

● Bonus challenge for those on the 12 Month Package

**3 Month Package**

**\$750/MO**

**6 Month Package**

**\$690/MO**

**12 Month Package**

**\$615/MO**