



Workplace Wellness

Workplace Wellness Programs

Frontlines First: Prioritizing Prevention & Wellness for Everyday Heroes



This prevention and wellness workshop series is designed specifically for frontline workers who face high demands, unpredictable schedules, and chronic stress.

This program honors the essential role these professionals play while providing real-world strategies to protect their well-being. Through engaging, interactive sessions tailored to the needs of each group, participants will explore tools for stress reduction, emotional regulation, burnout prevention, self-care, and healthy eating habits.

This program also emphasizes practical, sustainable habits that fit into busy lives—offering both immediate relief and long-term support.

Key Focus Areas:

- Stress Reduction Techniques that Work in the Moment
- Emotional Regulation & Response Strategies
- Burnout Prevention for High-Demand Roles
- Self-Care Routines
- Simple & Healthy Eating Habits
- Practical Movement for All Fitness Levels, Ages, and Bodies

Virtual or In-Person

1x per Month for 3, 6, or 12 Months

Tailored to fit your organization's goals and staff needs

www.FeeltheFutureLLC.com

Workplace Wellness Programs

Step Up: Team Movement Challenge



This program transforms the workplace into a fun, team-based health competition designed to get everyone moving—without disrupting the workday. Through step tracking, movement goals, and playful challenges, departments compete to rack up the most activity points each week. Whether it's walking meetings, stretch breaks, or hallway laps, every move counts.

Weekly leaderboards, shout-outs, and prize incentives keep morale high and energy flowing, turning wellness into a shared mission.

Features:

- Team-based step tracking and movement challenges
- Weekly check-ins, leaderboards, and team shout-outs
- Bonus points for creativity (e.g., dance breaks, walking calls)
- Customizable incentives and wellness-themed prizes
- Designed for all fitness levels—just move to play!

Hybrid

Duration: 1, 3, 6 or 12 Months

Completely tailored to your organization's needs

Workplace Wellness Programs

Lunch, Learn & Longevity



This program is a workplace wellness power hour designed to nourish both body and mind. Once or twice a month, staff come together for a catered lunch while engaging in an interactive session on trending, relevant, and actionable health topics. From heart health to stress management, nutrition hacks to brain function—each session is led by a dynamic educator who makes wellness approachable, realistic, and engaging.

✓ *We do all the heavy lifting—from planning and presenting to ordering and delivering healthy, delicious lunches—so your team can simply show up, eat, and grow.*

Program Features:

Coordinated lunch - ordered, delivered and set up for your staff at your site
Expert-led, high-impact wellness topics with practical takeaways
Topics tailored to your workplace culture and staff needs

Sample Topics Include:

Brain Food & Cognitive Fitness
The Power of Good Sleep
Small Habits That Make a Big Difference
Digestive Health & the Mind-Body Connection
Movement Without a Gym

1x - 2x per Month for 1, 3, 6, 12 Months
Completely tailored to your organization's needs

Workplace Wellness Pricing Sheet

ALL WORKSHOPS & PROGRAMS ARE TAILORED TO
YOUR ORGANIZATION'S NEEDS



Workshops

STARTING AT

\$300

Single-session, interactive presentations designed to educate and engage staff on key wellness and prevention topics. Perfect for team meetings, retreats, or professional development days.



Programs

STARTING AT

\$500

Multi-session wellness education training series (1-12 months) that build skills and support long-term improved health and wellness. Includes planning and facilitation.



Packages

STARTING AT

\$150

***PER EMPLOYEE**

Each package includes employee wellness assessments. Packages are customized to your organization's needs. Ideal for teams committed to building a supportive and healthy workplace culture.

**See "All Packages" section*

Additional Wellness Services

Wellness Assessments (Fitness or Holistic)

A personalized evaluation to help individuals understand their current state of health and well-being. Choose from a physical fitness assessment, which includes body composition, flexibility, strength, and endurance testing—or a holistic wellness assessment, which explores sleep, nutrition, stress levels, and lifestyle habits. These assessments serve as a foundation for goal-setting and tailored support.

\$150 per employee

Individual/Group Fitness Classes

Engaging, accessible fitness sessions tailored to all levels and abilities. Whether offered one-on-one or in a group setting, these classes promote physical activity, stress relief, and team bonding. Options may include strength training, functional movement, low-impact cardio, or customized fitness experiences to meet the needs of your staff or community.

Starting at \$50 per person





Workplace Wellness Packages

Wellness Foundations (*Starter Package*)

Includes:

- **Employee Wellness Assessments:** Evaluation of physical health, energy levels, and movement habits. Includes blood pressure screening.
- **2 Wellness Workshops:** Educational health sessions designed to support physical wellness and boost workplace vitality.

Starting at \$150 per employee, this package is perfect for teams beginning their wellness journey, offering insight into physical health and actionable steps to create a more energized, balanced work environment.

Wellness PLUS+ (*Energized Package*)

Includes:

- **Management Team & Staff Wellness Assessments:** Evaluation of physical health, morale, and areas for growth as it relates to holistic wellness. Includes blood pressure screening.
- **2 Wellness Workshops:** Sessions dedicated to health education and practical strategies for long-term well-being.
- **1 Wellness Program:** A wellness or skill-building session series (1–12 months) designed to promote long-term growth, healthier habits, and lasting change. This includes planning, facilitation, and interactive sessions tailored to the needs of staff or clients. Ideal for organizations looking to deepen impact over time.
- **1 Lunch, Learn & Longevity Session:** This session is designed to keep wellness accessible, relevant, and engaging during the workday. All lunch arrangements included.

Starting at \$250 per employee, this package is ideal for organizations ready to move beyond awareness into action—strengthening team dynamics and promoting a culture of well-being through targeted, trauma-informed support. Final package rate is customized based on organizational size and needs.

Total Workplace Wellness (*Strong Package*)

Includes:

- **Management Team & Staff Wellness Assessments:** Evaluation of physical health, morale, and areas for growth as it relates to holistic wellness. Includes blood pressure screening.
- **4 Wellness Workshops:** In-depth health education and actionable strategies tailored to your team's needs
- **2 Wellness Programs:** Wellness or skill-building session series (1–12 months) designed to promote long-term growth, healthier habits, and lasting change. Each includes planning, facilitation, and interactive sessions tailored to the needs of staff or clients. Ideal for organizations looking to deepen impact over time.
- **2 Lunch, Learn & Longevity Sessions:** These sessions are designed to keep wellness accessible, relevant, and engaging during the workday. All lunch arrangements included.
- **6-Month to 1-Year Wellness Strategy & Plan:** Creative programming that integrates wellness into your company culture.

Starting at \$15,000, this package is designed for organizations ready to invest in long-term wellness transformation, combining health education, creative engagement, and strategic planning to build a workplace where people thrive. *Final package rate is customized based on organizational size, goals, and level of support.*

Growth is within your grasp.

**We also deliver keynotes,
conference presentations and speeches*

We'd love to learn more about your goals and explore
how we can support your team or community through
creative and impactful solutions.

Whether you're looking to strengthen your culture, spark
engagement, or expand your impact—our approach is
flexible, collaborative, and built with intention.

Ready to connect?

Email:

feelthefuturellc@gmail.com

Learn more at:

www.feelthefuturellc.com/services



FEEL the FUTURE

Community Health Coaching & Consulting LLC

*David Hannah
&
Sharece Sellem-Hannah*

