

# VIRTUAL WELLNESS DAY OR WEEK



Mix and match from our list of services below to host your virtual wellness fair with us. These services can be lumped together in one day or spread out over a week time period. Includes one raffle prize for every two hours booked, promotional flyer, and educational handouts.

**\$225/HR**

## ONE HOUR PROGRAMMING

- Group Huddle with a Personal Trainer
- Dine with a Dietitian
- Wellness Webinars
- Health Forum with a VHC Department
  - Diabetes Education
  - Childbirth Education
  - Cancer Resource Center
  - Total Joint Replacement
  - Physical Therapy - PT Solutions

### • Live Remote Fitness Classes

Available classes include: Body Weight Bootcamp, Cardio Strength Circuit, Pilates, Tai Chi, Seated Yoga, Feldenkrais, Strength & Stretch for Seniors, Build Your Balance, Family Yoga

## HALF HOUR PROGRAMMING

- Happy Place Meditation
- Calculating Your Body Mass and Resting Metabolic Rate
- Setup a Healthy Workspace
- Relaxation Guided Imagery Activity
- Emotional Resiliency Reboot
- Staying Emotionally Connected
- Wellness Trivia Happy Hour or Any Hour
- Feed the Mind with Brain Games
- The Science of Happiness
- Live Fitness Classes

Available classes include: Power Core, Energy Boost, Walk Your Way to Wellness, Soulful Stretching

## ADD ONS

- Easy and Healthy Cooking Demos
  - Get Smoothin' with our Smoothie Demo
  - Three Ways to Cook Chicken
  - Heart Healthy Dishes
  - Six Healthy Snacks

**\$300/HR**

- Breakfast of Champions
- Lunches to Go
- Healthy Ways to Boost Flavor in Your Dishes
- Cook Dinner with Us - "Dinner's Ready!"

- Add GoToWebinar for Benefits, Insurance, Financial, Other Vendors

**\$50/HR**

Click to Visit



VIRGINIA HOSPITAL  
CENTER

HealthWorks

Contact



703.558.6740