

CORPORATE WELLNESS

WITH JENNIFER & TIM HANWAY

Educate, empower and inspire your employees to eat well, move well, work well and live well.



24 HOURS TO LESS STRESS, MORE SLEEP

Learn how to manage your daily stress to achieve restful, restorative sleep every single night of the week. In these unprecedented times managing stress and achieving great sleep is more important than ever as it is vital for our immune health, cognitive function and overall wellbeing.

In this educational and informative workshop Board Certified Holistic Nutritionist and Wellness Expert Jennifer Hanway shares her nutrition, fitness and lifestyle strategies to reduce daily stress and optimize sleep through practical takeaways you can implement immediately.

Following this workshop you will:

- Wake every morning feeling rested and restored
- Feel motivated and energized throughout the day
- Be mentally sharp and enjoy clearer thinking
- Know the tools you need to manage stress
- Fall asleep quickly and easily every night

A Q&A session will be held following the workshop and all participants will receive detailed notes and links from the session.

Workshop pricing starts from \$500 a session. Package pricing is available upon request. For more information and to book your Corporate Wellness workshop please email hello@jenniferhanway.com



ABOUT JENNIFER

Jennifer Hanway is a Board-Certified Holistic Nutritionist and Wellness Expert. A sought after speaker and writer she has appeared on local and national television, and has spoken at SXSW, the GOOD Fest and the WELL Summit. She has been creating and delivering Corporate Wellness workshops for over 8 years.

She has written for print and online media including Oprah Magazine, Martha Stewart Magazine, New Beauty Magazine, Well + Good, Prevention and Readers Digest.

Jennifer works with clients across the globe in both her private practice and through her online programs, and her celebrity clients include members of the British Royal Family, Olympic Athletes and Hollywood A List.