

IGNITE YOUR INSPIRATION FOR HEALTH

Wellness Workshops with our experts bring custom health topics to you.

Live and recorded 30 - 60 minute sessions allow time for inspiration and questions from your team.

VIRTUAL WELLNESS WORKSHOPS



FITNESS

Our fitness workshops have something for every body. From start-up programs to functional fitness.

Creating a Fitness Plan
Functional Fitness
Stretch & Flex
HITT Training



NUTRITION

Our RD's translate nutrition research into timely, diverse topics for everyday healthy food strategies.

Nutrition Essentials
Plant-Forward Meals
Better Your Breakfast
Kitchen Overhaul



WELLBEING

Total wellbeing is not achieved in silos. Our team employs a whole-person health approach.

Mindfulness Training
De-Stress & Rest
Thought Health
Financial Well-Being

This is a small sample of the diverse and on-trend topics our team has passionately developed. Choose from our carefully curated topics or bring us a fresh idea. Workshops can stand alone or be grouped as a series.

Let's Chat! info@mccahillgroup.com

