

IMPACT PACKAGES

Simplify your wellness initiatives by combining a series of classes, tabletops, and health screenings into one comprehensive package designed to seamlessly support and integrate your employees' overall health and wellness.

WHOLE PERSON WELLNESS FOUNDATIONS

THE 360° EMPLOYEE: INTEGRATING THE 7 DIMENSIONS OF WELLNESS

A holistic deep-dive into how physical, emotional, social, intellectual, spiritual, environmental, and vocational health intersect to create a resilient professional

3 classes / Health screening / Tabletop Workshops

ENERGY WITHOUT EXHAUSTION

THE BIO-BATTERY: SUSTAINABLE HIGH PERFORMANCE

Move beyond "hustle culture" by mastering the biological mechanics of energy and focus on metabolic and neurological recovery.

3 classes / Health screening / Tabletop Workshops

HEART360

HEART HEALTH PROGRAM

A comprehensive cardiovascular risk reduction program that blends education and health initiatives.

1 class / BP screening / Tabletop Workshops / Confidential counseling / Biometrics / Blood Work



Contact us to schedule today!

(256) 265-0068

wellness.department@hhsys.org



WORKSHOPS

Ideal for businesses seeking a series of 60-minute wellness sessions that blend education with interactive, hands-on activities.

MENTAL HEALTH

Power of the mind

- Decoding the Stress Cycle
- Nervous System Reset
- Sleep for Real Energy
- Stretch, Don't Stress

WELLNESS

Stay Ahead: Health & Longevity

- Early Detection, Better Protection
- Longevity from the Inside Out
- Whole Person Wellness
- Invisible Influencers

NUTRITION

Healthy Inside, Strong Outside

- Thrive from Within
- Sip Smarter
- Fuel Energy with Food
- Fuel with Intention

EXERCISE

Kinetic Flow

- Movement for Every Body
- Stand Tall: Mobility and Posture for the Work Day



FEATURED EXPERIENCE

“COLLEEN” THE ROLLIN’ COLON

- Enhance your employees’ education with an immersive experience! This is an unforgettable walk through our giant inflatable colon to learn about digestive health, prevention, and colorectal cancer screening in a memorable way.
- Please note: this experience requires a large open space.

TABLETOP PRESENTATION LIST

- **The Pressure’s On: Taking Control of Your Heart Health**
- **Beyond the Ribbon: A Hands- On Guide to Breast Health**
- **The Balancing Act: Mastering Blood Sugar & Prevention**
- **Spot The Difference: A Hands-On Guide to Skin Safety**
- **Bottom’s Up: The Straight Talk on Colon Health**

ONE-ON-ONE HEALTH COACHING

- Connect with a professional wellness expert to deepen your health knowledge, strengthen accountability, and support sustainable behavior changes to drive meaningful, long-term results.
- Available as an enhancement to our impact packages or complete workshops.



ADDITIONAL OFFERINGS

Available as a stand-alone option or as an enhancement to our workshop offerings. All packages and classes are fully customizable and may be tailored to align with your company’s unique goals and requirements.

CLASS DESCRIPTIONS

MENTAL HEALTH

- **Decoding the Stress Cycle** - Learn the science of how stress impacts your life and walk away with proven strategies to reset your nervous system, enhance daily performance and master the art of intentional recovery.
- **Nervous System Reset** - This deep-dive session provides advanced self-regulation tools to recalibrate your nervous system in the moment.
- **Sleep for Real Energy** - Focus on the importance of optimizing sleep for increased mind and body health while learning actionable strategies to restore energy.
- **Stretch Don't Stress** - A guided class using gentle yoga techniques and breathwork to support mind-body regulation

WELLNESS

- **Movement for Every Body** - This class introduces inclusive, accessible movement through five minute micro workouts, play-based exercise, and no-gym bodyweight routines.
- **Stand Tall: Mobility and posture for the workday** - A guided class focused on improving posture, mobility, and flexibility through yoga-based movement and breathwork for the work day.

EXERCISE

- **Movement for Every Body** - This class Introduces inclusive, accessible movement through five minute micro workouts, play-based exercise, and no-gym bodyweight routines.
- **Stand Tall: Mobility and posture for the workday** - A guided class focused on improving posture, mobility, and flexibility through yoga-based movement and breathwork for the work day.

NUTRITION

- **Thrive from Within** - Explore the connection between gut health, brain function, and immunity and discover how nutrition influences external appearance.
- **Sip Smarter** - A practical breakdown of hydration, caffeine, sugar, and calories to help you make smarter drink choices.
- **Fuel Energy with Food** - Learn how nutrition directly impacts energy levels, focus, and daily performance.
- **Fuel with Intention** - A deeper dive into nutrition covering calorie balance, food labels, and simple ways to support sustainable choices.

TABLETOP DESCRIPTIONS

The Pressure's On: Taking Control of Your Heart Health

High blood pressure affects nearly half of all adults, yet many don't know their numbers. This interactive tabletop experience moves participants away from lecture-style learning and into a "Pressure's on Health Lab" environment.

Beyond the Ribbon: A Hands- On Guide to Breast Health

This interactive tabletop workshop transforms breast cancer awareness into actionable knowledge. Participants move through a series of "Discovery Zones" designed to demystify early detection, clarify common myths, and provide a safe space for hands-on learning.

The Balancing Act: Mastering Blood Sugar & Prevention

This interactive tabletop workshop is designed to "pull back the curtain" on how our bodies process energy. By using 3D models, visual sugar displays, and lifestyle hacks, participants will learn how to stabilize their energy and protect their long- term health.

Spot The Difference: A Hands-On Guide to Skin Safety

This tabletop workshop moves beyond "wear sunscreen" and teaches participants how to become their own skin detectives. Through high- definition visual aids, UV- sensitive technology, and sunscreen "texture testing," attendees will gain the confidence to protect and inspect their skin.

Bottom's Up: The Straight Talk on Colon Health

Most people avoid the topic of colon health out of embarrassment, but knowledge is the best defense. This workshop turns "taboo" into "tactile" by showing participants exactly how polyps grow and how modern screening options—including at-home tests—have changed the game.