



WORKFORCE WELLNESS:
**DON'T BE PERFECT.
JUST BE BETTER!**

Does your workforce have some unhealthy habits? As a leader, not being proactive in helping your employees build healthy habits and manage stress will negatively impact your bottom line.

We're here to help you avoid that.

Your employees will walk away empowered with the following:

- Progress is better than perfection
- Getting healthy is not hard
- Readiness to start now
- How to begin their health journey
- Why good enough is good enough
- Tips on how to get healthier without being perfect.



Lisa Burbage

Workforce Wellness Expert

Speaker Bio: Lisa Burbage is the founder of Wellness Five and an expert in workforce wellness. She is a nationally board-certified health and wellness coach with training from Duke University, as well as a CDC-recognized lifestyle coach.

TESTIMONIAL

"I highly recommend Lisa Burbage for all corporate wellness programs. Lisa is a fantastic communicator and passionate about helping team members achieve their personal wellness goals!"

ROBERT BENDETTI, CFO

Life Cycle Engineering

Ready to take the next step?
Let's schedule a time to chat.

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