




Reflexology
FEET, HANDS & EARS

Holistic Compassionate Touch



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Boot Camp W.O.W. We Offer Wellness !

Overview: Boot Camp W.O.W. We Offer Wellness comes to your headquarters with a team of Wellness professionals. Your staff, employees and executives will enjoy a fun, educational, and interactive day with the best! Boot Camp W.O.W. is an inspiring approach to wellness at work. The program is customized for each and every client, in a series of rotations 30 minutes in length. Your people are divided into teams...Alpha, Bravo, Charlie etc. and the number of Rotations / Wellness Presentations is up to each client. The program begins with a general session, staff meeting or gathering. Our Wellness Experts surprise the group, with a loud and voice shrilling arrival! Dressed in Military theme we take charge, put people into teams, and Wisk them off to Boot Camp. (Your premises) Rotations examples include: Physical Fitness, Environmental wellness, Time Management, Stress management, Work Life quality, Participatory Ergonomics, Nutrition, Sound Off, K.P./ Keeping Proactive and a number of others to choose from. When the whistle blows teams rotate.

The Finale is a wrap up de briefing, followed by the custom " Sound Off's" created by each team ! All logistics and timings are tailored for each client. Décor to enhance the theme (like a command post etc.) is available and quoted separately Participants are to dress casual, loose clothing running shoes etc. For further information or a custom quotation Please contact: Linda Googh
Linda@lindagoogh.com 905-727-8605

Ministry of Transportation Leadership Boot Camp W.O.W. We Offer Wellness !

