

VIRTUAL LUNCH BREAK SERIES

JAN-MAY
2021

12PM EST

*EACH SEMINAR WILL BE 30
MINUTES UNLESS OTHERWISE
NOTED*

**Webinar schedule & topics subject to change.*



2021 TOPICS

JAN	1/14: Starting the year with a budget 1/20: Immunity boosting foods 1/22: Ashtanga Yoga	1/27: Reducing toxins from your kitchen 1/29: What is Microbiome and how it can affect my immune system?
FEB	2/3: Chair Yoga 2/5: What is Feng Shui and how can it promote positive energy? 2/10: How to read grocery labels for clean eating	2/19: Fact or Fiction? Your guide to clean personal care 2/24: Motivational Mindset for business leaders 2/26: No cost hacks for making your home office more comfortable
MAR	3/3: Financial Wellness for women 3/5: Food demo- Healthy snack pairings 3/10: Meditation Exercises & how this affects your brain	3/12: Acupuncture 101 & how to use Accupressure at home for natural healing 3/16: Go to sleep- what you can do promote better sleep 3/24: How to be ergo-friendly on a laptop
APR	4/2: Positive habits to help your mental health 4/7: Intro to Essential oils and what they can be used for 4/9: Stretch Break with Ergonomist Mindy Smith	4/14: Traveling Well: 3 steps to healthy, stress-free travel 4/21: Understanding personality types & how it affects well-being 4/23: How to Feng Shui your office
MAY	5/5: How to have a clean/toxin free skincare regimen 5/7: Intro to CBD 5/14: How to alleviate separation anxiety in pets	5/19: Herbs for Health 5/26: How to be more mindful in the workplace

LUNCH & LEARN SUBSCRIPTIONS

\$250: 1 WEBINAR PER MONTH

\$500: 2 WEBINARS PER MONTH

\$850: 4 WEBINARS PER MONTH

\$1,000: UNLIMITED (5-6 WEBINARS PER MONTH)

Seminars will be recorded and sent out after so those who are unable to attend live can still access.

ADD ON- TRACKING: Receive a report showing which employees attended each webinar & which sessions were most attended at the end of the series.

1: \$150 2: \$250 4+: \$500

[One-time cost to run final report at the end]

SIGN UP NOW



HOW IT WORKS

1. Company chooses subscription
2. DAILY DOSE sends agreement & invoice (company can be billed in full or monthly)
3. HR Contact chooses which webinars they'd like to offer each month from calendar (this applies to 1, 2 and 4 webinar options. Unlimited will have access to all.
4. DAILY DOSE sends HR registration links for each event which can be forwarded to employees to sign up for each webinar they'd like to attend. Once they register, it will prompt them to add to their calendar and they will receive that event's notifications.