

LEARNING WELLNESS PACKAGE

SoHookd Community Connect

SoHookd Connect offers a cost effective way for your team to have direct monthly access to thought leaders and industry experts through live, interactive webinars.

Total package cost
\$6,000

Key Benefits

This turnkey, off-the-shelf package includes expertly curated content that provides the foundation for your team's well-being.



Holistic & Balanced

Covers four essential wellness areas year-round, supporting overall health.



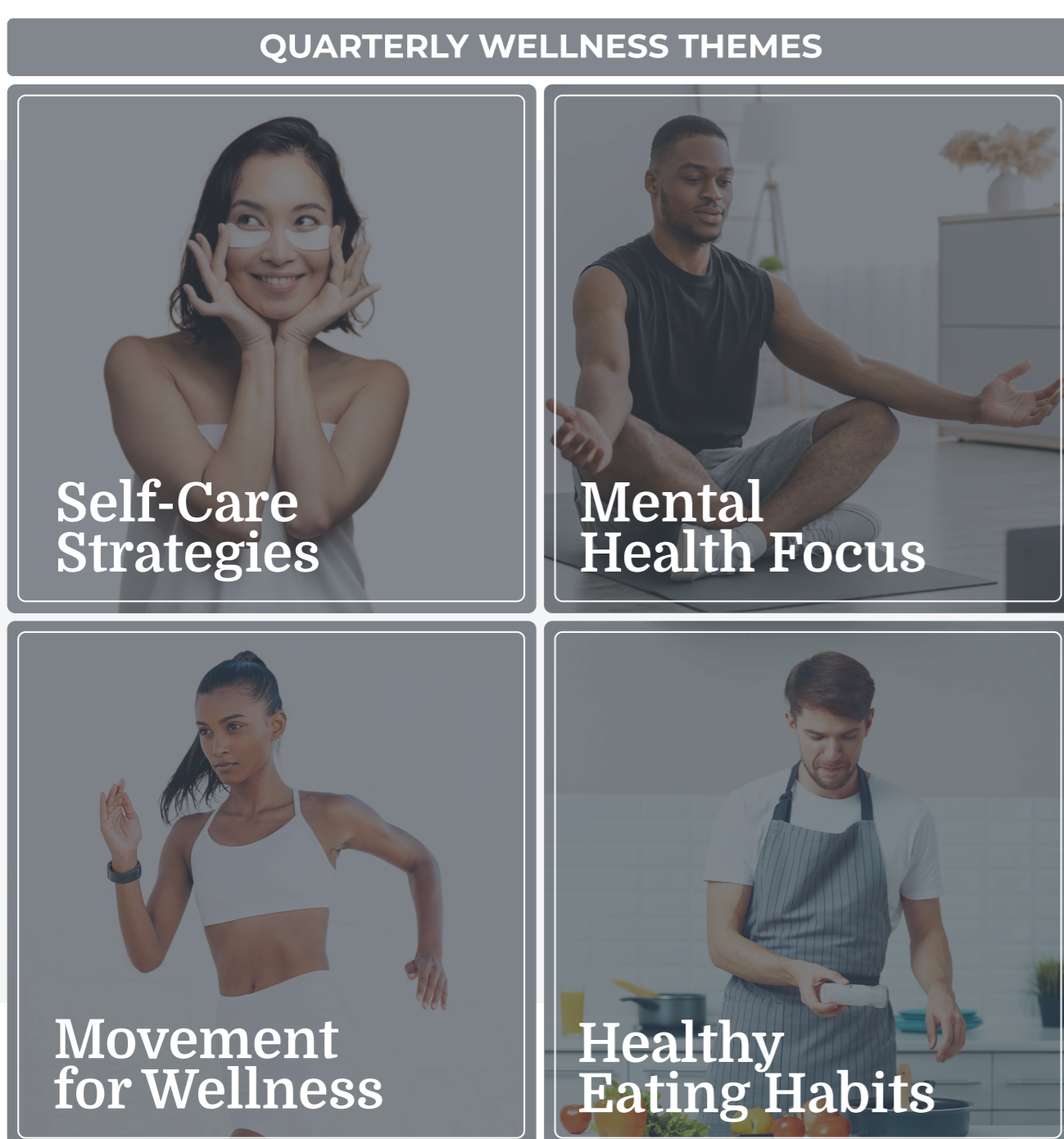
Expertly Curated

Access pre-built, ready-to-use content designed by wellness experts.



Affordable Solutions

Comprehensive wellness coverage with minimal time investment.



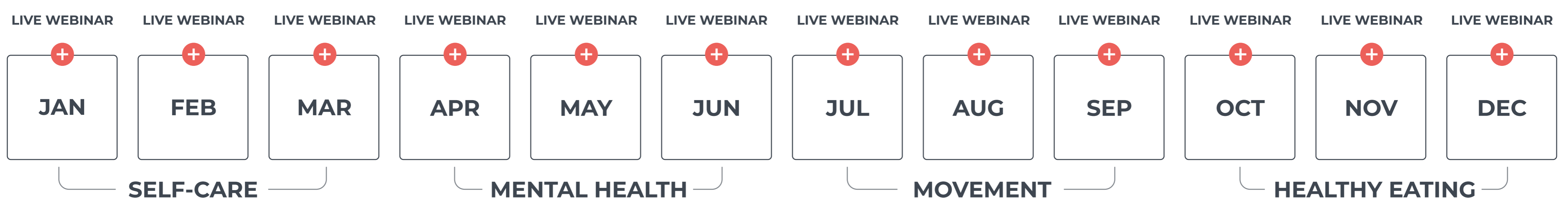
Package Details

12 LIVE WEBINARS

A monthly deep dive into key wellness topics.

- ✓ **Expert-Led Sessions:** Presented by industry professionals with actionable insights.
- ✓ **Quarterly Themes:** Topics like self-care, mental health, movement, and nutrition.
- ✓ **Pre-planned:** Easy for employees to sign up in advance to plan out their year.

Content Breakdown



① SEE SAMPLE PROGRAM SCHEDULE ON NEXT PAGE.

12 MONTH AGREEMENT REQUIRED

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Sample Program Schedule

DATE	TIMES (EASTERN)	TYPE	TITLE	CATEGORY
Jan 17	12pm & 3pm	LIVE WEBINAR	Master Optimal Habits	Self-Care
Feb 21	12pm & 3pm	LIVE WEBINAR	Investing in Connections	Self-Care
Mar 21	12pm & 3pm	LIVE WEBINAR	Establishing Your Routine	Self-Care
Apr 25	12pm & 3pm	LIVE WEBINAR	Mindful Meditation	Mental Health
May 16	12pm & 3pm	LIVE WEBINAR	Dealing with Burnout	Mental Health
Jun 20	12pm & 3pm	LIVE WEBINAR	Success + Intention Creation	Mental Health
Jul 18	12pm & 3pm	LIVE WEBINAR	Workplace Mobility Class	Movement
Aug 15	12pm & 3pm	LIVE WEBINAR	All Levels Movement Class	Movement
Sep 19	12pm & 3pm	LIVE WEBINAR	Office Chair Yoga	Movement
Oct 17	12pm & 3pm	LIVE WEBINAR	Eating for Heart Health	Healthy Eating
Nov 21	12pm & 3pm	LIVE WEBINAR	Healthy Food Habits	Healthy Eating
Dec 19	12pm & 3pm	LIVE WEBINAR	Family Meal Planning	Healthy Eating



This breakdown is based on the **SoHookd Community Connect Package**. Actual content breakdown is dependent on the type of package selected and the current years set content. This is just an example of what to expect.

12 MONTH AGREEMENT REQUIRED

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