

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

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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