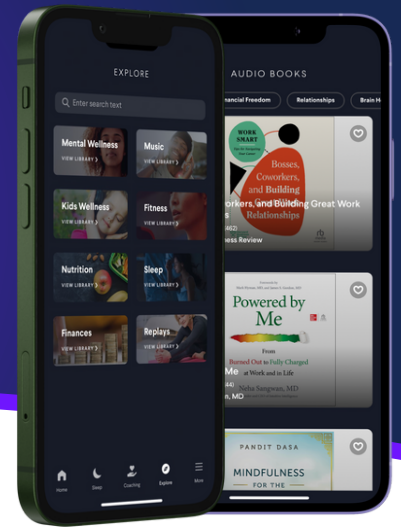




wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

ON-DEMAND CONTENT & AUDIOBOOKS



A comprehensive library of 4,000+ on-demand wellness content, accessible through the Explore tab on the navigation bar.



Why wellness resources and audiobooks are important?

This resource is designed to support teams by addressing diverse wellness whether it's helping individuals manage stress, stay motivated, improve fitness, or enhance sleep quality. By offering tailored content, the app empowers teams to prioritize well-being, fostering a healthier, more focused, and productive work environment.

Audiobooks Library: your team gets access to our curated collection of audiobooks designed to inspire and support wellness journeys.

Access a vast library of on-demand wellness content by simply tapping on the Explore tab on the navigation bar.

Whether employees are looking to calm their minds, get motivated with music, focus on fitness, or improve their sleep, we have resources curated for your journey.

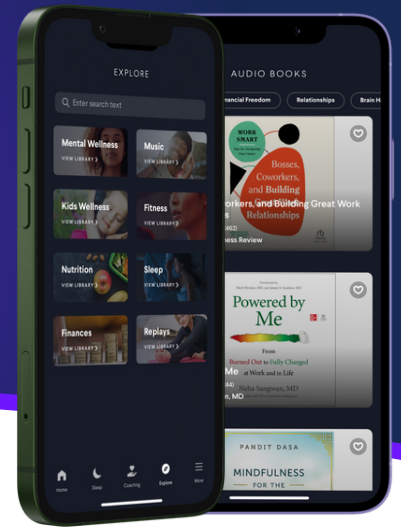
Explore different categories to find expert-led content on:

- **Mental Wellness:** Learn techniques to reduce stress, boost resilience, and foster mindfulness.
- **Music:** Tune into soothing sounds or energizing playlists to elevate your mood.
- **Kids Wellness :** Find resources to support the younger ones with engaging, family-friendly activities.



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- **Fitness:** Get moving with workouts and fitness tips tailored for all levels.
- **Nutrition:** Discover meal ideas, nutritional tips, and guidance for a healthier diet.
- **Sleep:** Improve your rest with guided sleep meditations and sleep hygiene tips.
- **Finances:** Enhance financial wellness with advice on budgeting, saving, and investing.
- **Replays:** Access past sessions and workshops anytime you need a refresher.

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