



MIGLIARO CONSULTING

Migliaro Consulting & Fireside Events present: 2021 Virtual Wellness Day Package

90-minute package

Description: Launch an interactive Virtual Wellness Day for your company to get your employees motivated and moving towards better physical & mental health. This virtual event production will broadcast live from the Fireside Studio and be available by means of integration to your company's Zoom platform.

With Fireside's technology, your company has the option to enjoy:

- Live guests/co-hosts to be featured throughout the program
- Breakout speaker sessions that run 15 minutes in length
- Wellness speakers spotlighted by Fireside's in-studio producer

Agenda includes:

- Welcome by host from Fireside Events
- Message from HR or President (optional for Company to customize)
- Breakout speaker #1
- Contest teaser
- Photo/music session OR Raffle
- Breakout speaker #2
- Employee message OR Raffle
- Contest teaser
- Breakout speaker #3
- Photo/music session OR Raffle
- Breakout speaker #4
- Customized sessions (trivia session, employee testimonial, Fireside game)
- Breakout speaker #5
- Customized session
- Breakout speaker #6
- Closing

Inclusions:

- Guest host from Fireside Events
- Customized script for the event (organized between Fireside, Migliaro Consulting & Company contact)
- Virtual coupon book (provided by Migliaro Consulting)
- Event Marketing Materials

How it Works:

- You select the day/time
- Select the workshops you want for the breakout sessions OR customize the workshop with your insurance carrier or internal speaker

Presenters/Topics include (choose up to 6 topics for the breakout session):

- [**MJ Costello MPM, RDN**](#)
 - Nutrition Reboot
 - Benefits of Plant Based Nutrition
- [**Amanda Rudd \(Senior Wellness Strategist at Motion Connected\)**](#)
 - 6 Wellness Actions You Can Do Today to Live Longer and Better
 - How to get the best results from your Biometric Health Screen
 - How many steps do you really need to take in a day for maximum health benefits?
- [**Dr. Natalie Gentile**](#)
 - Nutrition: A Primer on Fiber
 - Mindfulness: A Primer on the Effect on the Body of Meditation
- [**Dr. Uma Purighalla**](#)
 - The Science and Art of When and How to Eat for Optimal Health
 - Psychoneuroimmunology: The Mind and Matter of Health and Healing
- [**Case Specific Nutrition**](#)
 - Easy to Apply Wellness Tips for Anyone
 - Nutrition, Person Specific
- [**Andrea Vasquez \(Assistant VP of Group Banking, Dollar Bank\)**](#)
 - Financial Wellness Planning
 - Managing Debt
- [**Frank Velasquez Jr., ATC, CSCS**](#)
 - Stress Management
 - Office Strength Training for Improved Posture & Joint Stability
- [**Lindsey Grantz \(Certified Yoga & Meditation Instructor\)**](#)
 - The Power & Awareness of Our Senses
 - Breath Benefits
- [**Sharon Gregory \(Owner, The Happy Vegan, and Certified Holistic Health Coach\)**](#)
 - Cooking Demo, Healthy Skillet Scramble
 - Quick & Delicious Energy Snack Bites
- [**Tim Lyman, MBA, CPT, PES \(Director of Training Programs at Fleet Feet Pittsburgh\)**](#)
 - The Psychology Behind Developing Lasting Habits
 - Safely & Successfully Finish Your First 5K

For pricing and additional details, contact as at: connect@migliaroconsulting.com OR 412-523-3547