



C MORE WELLNESS

YOUR CORPORATE WELLNESS PARTNER

WHAT WE OFFER?



SEMINARS & FITNESS

Interactive seminars covering a variety of health topics and fitness classes for all ages and abilities.



FIELD DAY EVENTS

Engage participants with fun and interactive activities that showcase the benefits of a healthy lifestyle and foster sustainable change.



COACHING

Coaches provide one-on-one accountability and support to empower people to make healthy behavior and lifestyle changes.



PACKAGES

Available for monthly wellness programming, Field Day Events, and consulting.



WHO WE ARE?

C More Wellness improves lives and employer success by enabling people to take charge of their health and well-being through fun tailored education including games, cooking, and interactive programs for employees and their families. We bring humanity to healthcare.



HOW WE HELP YOU?

Our variety of well-being solutions help employees connect with their health using simple tools and everyday practices (STEPS). We have a solution to engage your employees through our monthly wellness packages or custom programs to best serve your population.



WHY CHOOSE US?

We approach wellness not as a one-size-fits-all model, but a custom method to best serve the needs of each employer. Our experts are versed in holistic well-being that will ensure your employees are best served.