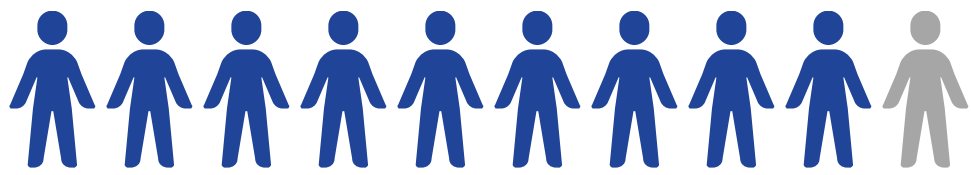


In 2021, you asked and we listened!

This survey was conducted through a collaboration with the **New York Academy of Medicine**.



Over 90% of respondents said they loved:

Webinars and virtual events



52 webinars held since 2022

- Covered topics like **student loans and retirement, asthma, burnout, grief, and menopause.**
- Introduced virtual courses like **Let's Bring the Sugar Down** and **Let's Bring the Pressure Down** to help you prevent and manage diabetes and hypertension.

Visit our [Upcoming Events page](#) to see this month's programs!

Digital fitness classes



classes held since 2022

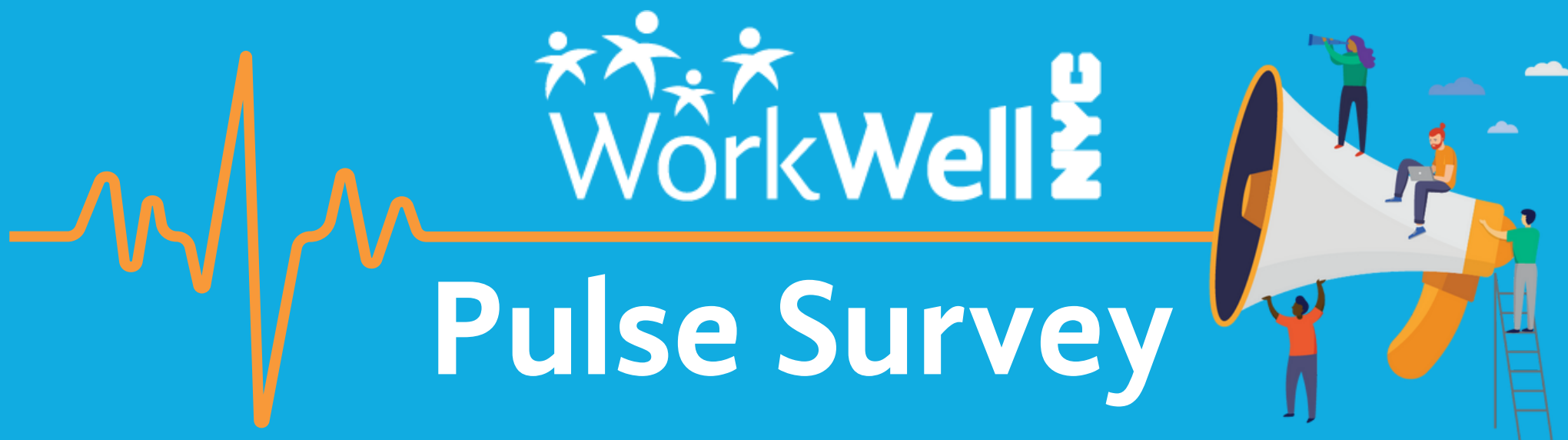
[Check out the current lineup here!](#)

Flu shots



shots administered since 2022

[Learn more about free flu shots here!](#)



You requested and we delivered!

Convenient times



Early morning and late evening digital fitness classes to fit your schedule.



Walking, hydration, healthy eating, and gratitude challenges to pump up your wellness, anytime and anywhere.

On-demand content



Social media content on Instagram and LinkedIn for wellness tips that go where you do.



Recorded fitness classes, meditations, cooking demos, webinars and more, ready to watch on-demand.

last updated 01/24/2024