



**Wishing Well Works**  
CORPORATE WELLNESS



Changing  
Health Behavior  
One Wish  
at a Time

## ABOUT US

Wishing Well Works is a full-service health education company. We provide comprehensive wellness programs to businesses, organizations, and municipalities and we are a local Tampa Bay company.

## SERVICES WE PROVIDE

- Seminars/Webinars
- Educational Series (The Weight is OVER, StressLESS, Nurturing NUTRITION, KickBUTT, and Be WELL)
- Group Exercise Classes
- Corporate Health Challenges
- Wellness Newsletters
- Health Coaching
- Health Fair Coordination
- Employee Field Days
- Obstacle Courses
- Relay Races

We are happy to meet with you and look at your current wellness strategy. We can create a personalized program that is specific to employee wellness needs.



info@wishingwellworks.com



813-748-2812



www.wishingwellworks.com



## We Thank Our Clients For Joining the Wishing Well Works Mission to Make Our Communities Healthier!



\*Group Exercise\*



\*Nurturing NUTRITION\*



\*Mind SPACE\*



\*Stress LESS boxes\*



\*Virtual Health Fair\*



\*Virtual Health Fair\*



\*Group Exercise\*



\*Massage\*  
\*Smart Snack Table\*



\*Virtual Health Fair\*



\*Weight is OVER\*



\*Virtual Health Fair\*



\*Webinars\*



\*Comprehensive Programming\*



\*Comprehensive Programming\*



\*Comprehensive Programming\*

## Client Reviews

“Our company had MindSpace sessions every week for employees and it was a great offering. Michelle was wonderful and so were the presentations.”

– Jenn Mei

“I’ve had a great experience with Wishing Well Works. They host webinars and created some fun competitions and activities for my company.”

– Lisa Laramee

“Our Company has used Wishing Well Works for several wellness events. We have been very pleased and our employees were always engaged in the activities. Highly recommend Michelle and Wishing Well Works!”

– Susan Wendling, Benefits Manager Heritage Insurance

“Michelle and her team put together a Virtual Health Fair for our company, and it was beyond my expectations. The website was beautiful, the coordination was flawless, and the webinars produced by Wishing Well Works were informative and interesting.”

– Robin Reynolds, CFO MicroLumen

“As an HR Business Partner, it’s important to engage wellness activities into our employee’s daily routines. I’ve partnered w/Wishing Well Works for years now and could not be more than impressed by the variety of creative ideas and activities we are able to offer to our employees.”

– Dora Arroyo, Human Resource Business Partner, Bausch and Lomb

