

Beat the Winter Blues

As the seasons change and Mother Nature runs its course, you may be feeling the effects of the cooler air and the early sunset. This week we would like to bring awareness to how the colder weather influences our emotions and behaviors and how we can help your team beat those 'winter blues'.

Engage in social wellness activities

Group socialization or activity can help you feel energized!

Virtual Tea Tasting

The act of brewing a warm cup of tea will bring a sense of comfort, compassion and a sense of community to your remote teams and help them to deal with the challenges of the day!



Dance To The Music

In this 30-90-minute dance off activity, participants will enjoy non-stop fun and movement all while staying engaged and connected! Teams will collaborate & re-create a step-by-step dance routine choreographed by our teaching artist.

