

Journey to Wellness

"It's about the journey"

Introduction

1 Hour Workshops

*Lunch and Learn
Series Programs*

2 Hour Workshops

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*About Journey to
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Working Well

A Win/Win Wellness Program for Employees and Employers





"It's about the journey"

Introduction

As a means of reducing risk for employees, many companies over the last several decades have introduced worksite health promotion programs. Such programs have historically resulted in reduced absenteeism, increased employee retention, reduced health care costs, and employee satisfaction.

There is increasing evidence that health promotion and wellness programs have proven successful for many companies and employees. Most chronic diseases are associated with lifestyle practices. Among these are heart disease, cancer, and other chronic debilitating diseases such as arthritis and diabetes.

At Journey to Wellness our goal is to help employers develop and implement wellness programs and activities that will help in the education and prevention of chronic disease in employees. Programs we offer include topics such as nutrition, physical activity, maintaining a healthy weight and stress management. Included in this information package is a list of workshops and activities that we offer that can help assist you in reaching your workplace wellness goals. Workshops can be facilitated at Journey to Wellness, or can be done at your workplace. To accommodate your needs, we have offered a wide variety of 1 hour, 2 hour, half day, full day, ongoing support programs, fitness classes, lunch and learns and more. We are also open to hearing about your ideas to develop new programs and workshops to address specific areas of concern in your workplace.

We look forward to helping you create wellness in your workplace. For more information, to book workshops or activities, or to schedule a consultation for implementing a wellness program into your workplace please call Sharla Brown at 577-6255

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Journey to Wellness

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1 Hour Workshops

(These workshops can be scaled down to 30 or 45 minute talks)

Cost per Workshop:

5-9 Participants \$30/per person

10-15 Participants \$25/per person

16-20 Participants \$20/per person

Over 20 Participants \$15/per person



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1 Hour Workshops

Financial Wellness Series

Emotional Issues Around Money and Investing

We'll explore how your early experiences influence your attitudes toward money and investing, and how that can affect your long-term financial goals.

Cash Management - Where does it all go?"

Budgets, tracking spending, paying yourself first: how getting a handle on your day-to-day money handling patterns can affect your ability to prepare for your future.

Retirement and Tax Planning

We'll look at the basics of saving for retirement (How much will I need? How long will it last?) and tax planning (How can I keep more of my money for me?), including how to include your company pension in your overall plan.

Discover your Investment Personality

Investments are not "one size fits all". Your tolerance for risk is a major factor to be taken into account when building your portfolio. Find out where you fit!

Managing Risk - What would happen if...?

We'll discuss how insurance can be used to protect you and your family in the event of disability, critical illness and death. Find out how a properly designed insurance portfolio can give you peace of mind, no matter what life has in store.

Leaving it all Behind - How not to leave a mess for your loved ones.

This seminar will explore the basics of estate planning – it's not just about a will. Learn how to set up your affairs so that they will be dealt with exactly how you want them to be. It's peace of mind for you and your family!

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Workplace Safety

Ergonomic Basics with Debbie Burgess, Kinesiologist

Sitting at a desk all day? Make sure you are properly aligned! If you work at a desk and computer that are "ergonomically challenged," with the wrong angles, heights and distances, you are more likely to experience back pain, repetitive strain and added stress on your body. You spend one-third of your day at work... make it a comfortable day. Fitting the workplace to the worker, not the worker to the workplace is the goal of this session. You will learn how to sit, stand and lift properly as well as learning short exercise routines you can do at your desk.

Back Basics with Debbie Burgess, Kinesiologist

This video and discussion will help you learn the basics of the spine and back. From proper lifting, sitting, sleeping and simply being aware of your posture throughout the day. Find out how to make small changes in your posture for long term gains and prevention of back pain. This video is an excellent visual that will stay with you for life.

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Fitness and Nutrition

Nutrition made Easy with Tanya Covello, Nutritionist

Busy, busy, busy! Everyone has a hectic schedule at some point...but even during busy times, healthy nutrition can be made simple. Know your options, make it quick and make it easy, make it work for you - know how to shop, how to prepare, preserve and how to cook. Breakfast, lunch, dinner and snacks – each will be covered giving you the tools and knowledge to make smart choices that will leave you feeling ‘full’, day after day!

*Please note, this workshop can be stretched into a lunch and learn series, or a half or full day session as there is so much to be covered in the area of nutrition.

Sit and be Fit with Debbie Burgess, Kinesiologist

Sit and be Fit is a stretch and strengthen session at your desk or work area! Learn 10 simple stretches and strengthening exercises you can do at your work station in the morning, lunch and mid-afternoon. These exercises will help improve your productivity and well-being, improve your flexibility and strength as well as avoid injuries and repetitive strains.

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Personal Wellness

Reflexology in the Workplace with Cheryl Merlo, Certified Reflexologist

During this one-hour course, participants will learn what reflexology is and how it works. Participants will learn simple hand reflexology techniques which they can apply at any time during their workday to help to relieve stress and pain. They will also learn foot reflexology techniques which they can use at home to help them relax after their day on the job.

Health Awareness Seminar with Maggie Holbik, Certified Life Purpose and Career Coach

A basic overview of how the body systems work and the role diet plays in health. This is a fun and insightful hour that hits home the importance of working with our bodies to keep us healthy. A demonstration using party hose to assimilate our colon and the digestive system gives the audience a great visual idea of the very, very, important role digestion is to our overall health & wellbeing. Participants leave the seminar feeling empowered to take better charge of their health at the basic levels and beyond.

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Personal Growth & Development

Finding Joy in Your Life and Work with Maggie Holbik, Certified Life Purpose and Career Coach

There can often be a lack of joy and fulfillment in our lives and work. By learning to see the joy in everyday life and work, individuals can become more fulfilled, productive and make valuable employees. Optimism can spread and can be contagious. This workshop helps to create a more productive and joyful workplace and at the same time empower individuals to live their true potential.

Note: This workshop can also be extended into a 2 or 3 hour workshop

Attitude is Everything with Cindy Maki, Certified Life Coach

A great lunch & learn topic with a 50 minute presentation about the benefits of positive attitude, how to cultivate and maintain it and a gentle reminder about who is in charge of our attitude. Discussion is encouraged; the presentation concludes with a brief video regarding use of the creative mechanism of the mind to keep our attitude in positive shape!

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Lunch and Learn Series Programs

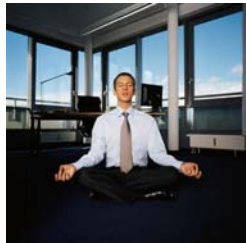
(The goal of these workshops is to promote ongoing support and education)

Cost per Workshop:

Please Contact Us for pricing on these Programs.

Phone: (807) 577-6255

Email: info@journeytowellness.ca



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Weight Management

Fit to Win on the Go!

**Tanya Covello, Nutritionist, Certified Personal Trainer,
Certified Fitness Instructor, Certified Yoga Instructor**

Our famous weight loss motivation and support group brought to your workplace. Share support, tips, ideas and gain further knowledge to keep that weight off for good. Weekly weigh-ins, measurements (if desired), gain further knowledge and the latest research on motivation, health and wellness tips. Start learning how to create a healthy lifestyle that works for you! This would be a weekly, or bi-weekly class held as either a 30 minute, 45 minute or a 1 hour session depending on your lunch time availability. Please call for further details and pricing.

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Personal Growth and Development

My Great Life Club – Portable with Cindy Maki, Certified Life Coach

This is an innovative solution for time-pressed persons who are looking to create more balance, focus and satisfaction with life. It's portable; we come to you. My Great Life Club is an interactive series of hour long group experiential sessions that initiate movement in the direction that each participant chooses. Participants will find this to be a stimulating environment that inspires and challenges as well as provides support, encouragement and positive focus. Facilitated by an experienced professional life coach, each participant will set weekly personalized goals with an accountability component in the following session. Topic changes each week for a total of 6 sessions (timeline can be extended).

Please call for pricing information.

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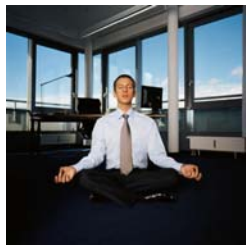
Cost per Workshop:

5-9 Participants \$50/per person

10-15 Participants \$45/per person

16-20 Participants \$40/per person

Over 20 Participants \$35/per person



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2 Hour Workshops

Stress Management

**L.I.M.O. - Leave It & Move On
with Cindy Maki, Certified Life Coach**

L.I.M.O. is an interactive and experiential workshop led predominantly through facilitation rather than by education. It supports participants in letting go of and leaving behind what no longer serves a purpose in either life or work to then move forward with focus and confidence. Participants will use an assessment wheel for a snapshot of satisfaction levels, discover the mechanics of letting go, participate in discussion to create action driven intentions, visualize to anchor in new learning and create accountability for letting go.

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2 Hour Workshops

Fitness and Nutrition

What is Core?

**with Tanya Covello Certified Nutritionist,
Certified Personal Trainer, Certified Fitness
Instructor, Certified Yoga Instructor**

What is your core? Learn the basics along with the latest research on the core, core exercises and the huge health and strength benefits that can be gained by achieving core awareness, strength and mobility. Theory and practical – some equipment will be required, wear comfortable clothing.



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2 Hour Workshops

Workplace Safety

Back Care with Tanya Covello Certified Nutritionist, Certified Personal Trainer, Certified Fitness Instructor, Certified Yoga Instructor

Learn the importance of various strengthening and flexibility exercises to achieve or maintain a strong back. Whether it is to regain, or maintain a strong back, this workshop will give you the practical and physical knowledge to have a healthy, strong back for years to come! Various forms of arthritis will also be discussed. Wear comfortable clothing.

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Personal Growth & Development 1 of 3

Gratitude and Acceptance – When all Else Fails with Cindy Green, Certified Life Coach

So many things are outside of our realm of control and yet we push, lament and bargain. Two keys that unlock the door of resistance are gratitude and acceptance. Does it mean we sit back passively and let life happen around us – quite the opposite! Gratitude is an action work and acceptance is the key to clearing the way. In this workshop you will gain valuable insights into these extremely powerful concepts and how they can change your attitude and perceptions about life's challenges.

Abundance with Cindy Green, Certified Life Coach

We often think of abundance as it relates to money and what is in the bank. There is a link - how one deals with money is often the way deals with other areas of life. Abundance comes in many forms – wealth, wisdom, love, to name a few but often we block the flow because it doesn't look the way we expected it to. In this workshop you will unravel messages from the past and how they continue to affect choices today. Understand how limiting thoughts affect the ability to attract abundance. Practice exercises aimed at attracting abundance into your life.

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2 Hour Workshops

Personal Growth & Development 2 of 3

Change— Friend or Foe? with Cindy Green, Certified Life Coach

Change happens today at a pace past generations couldn't begin to comprehend. Technology has changed the way we interact and is often replaced before we've mastered the 'old' version. How we view and react to change is one of the driving forces influencing personal success. In this workshop you will identify your triggers and how certain people / situations can cause you to react negatively. Create a personal action plan that will provide a framework for adapting to change. Learn how affirmations and positive self-talk can influence your mood and how others see you. Benefit from the experience and wisdom you already possess.

Being Positive in Discouraging Times with Dr. Daniel Klassen

Positives and negatives are both part of life. Longfellow reminds us that there is both sunshine and rain when he declares "Into each life some rain must fall." Discouragement is not always the result of experiencing the negatives in life, but rather is the result of giving in to the negatives and giving them permission to have authority over us. When we allow the negative influences to have authority and power over us, we become blinded to the positive and become pessimistic about life itself. This workshop is about embracing life as it is and finding meaning and courage in discouraging times.

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2 Hour Workshops

Personal Growth & Development 3 of 3

DiSC® Dimensions of Behaviour with Joan Beckingham, Certified Power Coach Disc® Preview

This 1 ½ hour exercise will help participants to gain insight into their own behavioural style and the behavioural tendencies of others. Discover and capitalize on your own unique behavioural strengths and those of your colleagues! additional costs for material are applicable.

Only 7 Years, 10 Months, 83 Days , 6 Hours and 42 Minutes until Retirement with Sharla Brown, Certified Wellness Coach

Are you counting the days? Crossing each day off on your calendar just waiting for that day of freedom? If you find yourself often saying things like "I can't wait until", or "One day..." then you need to be at this workshop. Join Sharla in this amazing two hour work shop as she teaches you the importance of living in the now. How happiness is not "one day" but is THE WAY! Topics covered include gratitude, dreams, perception, and our beliefs. Why wait?...your life is happening NOW!

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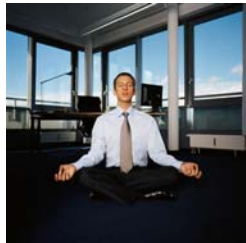
Cost per Workshop:

5-9 Participants \$75/per person

10-15 Participants \$70/per person

16-20 Participants \$65/per person

Over 20 Participants \$60/per person



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Personal Growth & Development 1 of 5

Learning How to Forgive: A Model of Forgiveness with Dr. Daniel Klassen

Forgiveness has been discovered to be a critical process in helping others resolve anger, relieve depression, and increase self esteem and hopefulness. Therefore learning how to forgive has found a viable place in wellness literature. Those who choose to forgive experience a variety of recognizable themes on the path of forgiveness. Participants in this session will encounter the myths of forgiveness and experience the themes of forgiveness process through stories, small group discussion and vignettes of modern movies.

The Themes of Forgiveness

- Dealing with Justice
- Accepting the Loss
- Cancelling the Debt

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Personal Growth & Development 2 of 5

Saying What You Mean and Meaning What You Say - A Brief Course in Communication with Dr. Daniel Klassen

There are at least two essential ingredients in clear communication. One is the will to mean what we say and the other is the skill to say what we mean. Both are essential and neither one can be substituted for the other. Participants in the brief course in communication will learn to say what they mean and learn to mean what they say.

- Are we Pilots or Puppets
- Listening for Meaning
- Conflict: When Meanings Differ
- Solutions: Connecting with Difficult People!

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Personal Growth & Development 3 of 5

Stop Dreaming about your Future and Start Living your Dreams with Teri Gyemi, Certified Life Coach

Every New Year's Eve we make resolutions that this year will finally be different. We vow that this is the year we will land that new job, get in great shape, find the man of our dreams, or quit smoking. So what happens to these commitments? What stops us in our tracks? Teri Gyemi not only answers these questions but offers a proven, practical blueprint for making today - this moment – the beginning of the best year of your life. Filled with inspiring guidance, encouraging stories, and life-changing exercises. It's time to stop imagining your dreams will magically come true, and instead make a clear plan of action guaranteed to deliver the life you've been waiting for.

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Make Better Decisions for your Life with Teri Gyemi, Certified Life Coach

Teri Gyemi offers ten profound questions that will change the choices we make – ultimately empowering us to fulfill our life's dreams. It's easy to forget that the circumstances of our day-to-day lives are the result of decisions we made yesterday, last month, and last year. We don't wind up thousands of dollars in debt because of one extravagant purchase, nor do we gain thirty pounds as a result of one decadent dinner. And our relationships certainly don't end overnight because of a single heated argument. We are where we are because of the decisions we make every day. If we want to better understand how we have created our present-day reality, all we need to do is look at the choices we made and continue to make along the way. This workshop will offer new awareness of why we do what we do, providing the tools as well as the freedom to create the life we always wanted.

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The Brain Walk®

with Joan Beckingham, Certified Power Coach

It's New! It's Fun! It is Powerful!

The *Brain Walk*® was developed for corporations, governments, individuals and families. It's a high-tech problem solver that teaches how to tap into both the right and left sides of the brain, the highest creative centers to achieve:

- Faster and clearer thinking to create mental focus for quicker decision-making
- Innovative solutions to complex situations, challenges and goals.
- Visual problem solving techniques
- Creativity and emotional resilience

An additional charge per person applies for the Brain Walk ® kit needed for this workshop.

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Personal Wellness 1 of 2

**How to Set Up Your Space - to be more Productive, Effective, Profitable and Enjoyable
with Carol Stonehouse, Traditional Feng Shui Practitioner**

Proven Traditional Feng Shui principles, coupled with contemporary practices, will be used in this workshop to bring to light simple ways to transform your space by tapping into the natural energies in your home or office with minimal effort, fuss, and expense. Whether you are looking for career advancement, better relationships, health or prosperity, this can help you achieve your goal.

Some of the items to be addressed are:

- Reducing debt and improving financial performance
- Dealing with authority and influence
- Opening the door to career progression

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Personal Wellness 2 of 2

Balance and Support Workshop with Carol Stonehouse, Traditional Feng Shui Practitioner and Cindy Maki, Professional Life Coach

East meets West in this unique workshop designed to create a new and innovative way to manage your lifestyle. Blending the balance aspects of Feng Shui and the support of life coaching this workshop is a must for anyone who is curious and serious about getting control of their life. Participants will complete a life satisfaction assessment, learn how to enhance their environment to support change in specific life areas and tune into their intuition for guidance on creating optimal change. Participants can choose to assess either their personal or professional life or both.

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Fitness & Nutrition

**Health and Wellness – make it personal! with Tanya Covello
Certified Nutritionist, Certified Personal Trainer, Certified
Fitness Instructor, Certified Yoga Instructor**

Learn how to make the best health and wellness choices for yourself. It is personal, yet there are basic forms of health and wellness. Gain the knowledge to make smart choices about exercise, nutrition and wellness for yourself. There are no excuses for lack of exercise and healthy nutrition in your life. Topics covered will be Exercise: cardio, strength and flexibility Nutrition: breakfast, lunch, dinner and snacks, Wellness: stress reducing techniques to take with you morning, day and night, setting individual goals and visualization techniques that are proven to work. This is a well rounded workshop, ideal for people ready to take responsibility of their health and wellness. **Note: This workshop can also be made into a full-day session**

**Healthy Body/Healthy Mind
with Maggie Holbik, Certified Life Purpose and Career Coach**

Learn the role diet plays in our health and how making wise food choices helps keep all of our body systems healthy and optimal. The healthy mind portion covers topics such as healthy thoughts, emotions and understanding perceptions and the role these play in our life and work. Participants learn valuable tools to choose thoughts that empower and serve them and others. Participants will learn to better guide their thoughts and create better results and enhanced productivity.

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Cost per Workshop:

5-9 Participants \$130/per person

10-15 Participants \$120/per person

16-20 Participants \$110/per person

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Personal Growth & Development

If Shadows Could Talk with Teri Gyemi, Certified Life Coach

Find the gifts of the darkness and light that exist within every human being. After watching Debbie Fords groundbreaking documentary, "The Shadow", featuring Deepak Chopra and Marianne Williamson, Teri Gyemi will lead you in an exploration of how you can use the power of the individual and collective shadow to deliver you a life you love. Through discussion and internal processes, reconnect with your soul's purpose and experience the self-love, self-respect and confidence to love and be loved like never before. 'The Shadow' documentary will leave you breathing a little deeper and feeling more forgiveness, compassion and kindness for your own dark, conflicted or repressed urges. It may even inspire you to make the most life-altering steps of all – to embrace your entire self and to step into the full power of your light.

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Stress Management

Workplace Burnout with Stefanie Dumoulin, HBA Psychology, MSW, Registered Social Worker and Katherine Vrablik, MA Clinical Psychology, Psychometrist, Certified Hypnotherapist

Burnout is a serious issue that is experienced by many workers due to excessive stress or dissatisfaction in the workplace. Burnout can result in lost productivity. Employers see rising costs in the increased use of drug and disability plans. Much of this cost is the result of unmanaged stress driven by negative workplace trends. Organizations play an important role in creating the conditions for either good or poor health. Workplaces need to create a climate, culture and image that attracts, retains, and sustains its employees. Participants will learn how to recognize workplace burnout, identify contributing factors, and understand why burnout occurs and who is at risk. Special attention is given to issues specific to those living and working in the north. Participants will learn important tools that they can use to protect themselves from burnout. Executives will discover how they contribute to burnout, but also how they can play a part in preventing burnout among their employees. Burnout is a very real problem, but there are steps employers and workers can take to reduce the risk.

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Team Growth

Create your Business Vision with Cindy Maki, Certified Life Coach

Using a proven formula this workshop will assist your team in creating a dynamic vision for success in today's economic times. Set your intention, know your values and mission, create your new vision, calibrate for potential obstacles, use proactive solutions, design an action plan, identify resources, build an inspired support team, create a visionary business environment and celebrate success.

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Fitness Classes

(at your worksite or at Journey to Wellness)

30 Minute, 45 Minute or 1 Hour Classes Available Classes are offered at the Beginner, Intermediate and Advanced Levels based on the participants needs.

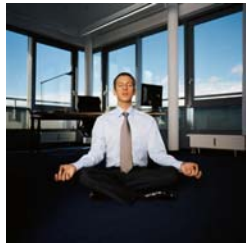
Cost per 8 Week Session:

1 Class per week \$80/per person

2 Classes per week \$150/per person

3 Classes per week \$200/per person

Sample classes are available
Up to 20 people \$80/hour
Over 20 people \$100/hour



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"It's about the journey"

Fitness Classes

Cardio Kick Box

Kick your way into shape with this awesome full body workout routine! You will learn a variety of sequences and combinations that include punches, blocks and kicks! This Tae-Bo-styled workout will challenge your upper and lower body and every muscle in between. You will also increase your cardiovascular fitness, strength, balance and coordination!

Core/Stretch Class

A strong core is key to a strong foundation. Ease or avoid back, shoulder and neck pain. Stand taller, breathe easier. Gain strength and awareness from the inside out. Core exercises followed by stretching allowing you to achieve strength, yet leave feeling relaxed.

Athletic Circuit Training

Join us for circuit training sessions guaranteed to give results over an 8 week period! You will gain strength, cardio and flexibility; You will lose calories, fat and weight. Total body conditioning applying various upper and lower body exercises ending with a full body stretch. Track your personal strength and cardio gains, and track inches lost over your 8 week period. Perfect timing for your summer wardrobe!

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Fitness Classes

Workplace Walking

offered to group or solo walkers wanting to track group or personal progress such as distance, steps, time, weight lost, inches lost, heart rate recovery day to day, week to week, and overall progress throughout the session. End with a good stretch, share fitness and nutritional tips and ideas to support each other. Challenges will be offered with prizes awarded.

Boot-camp

Join us for indoor and outdoor boot-camps for beginners, intermediate, and advanced levels. Begin with check-ins on weight, inches, resting heart rate, and heart rate recovery. A variety of exercises will be done each week to keep the body from resisting change, guaranteeing you results!

Personal Training and Small Group Training Sessions

(Either individually or up to a maximum of 3 people for small group training sessions)

Personal attention is given to every detail concerning your health, exercise goals, nutrition and wellness. In-house, at work or at the gym. Call for complete details.

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Fitness Classes

Yoga for the Inflexible

This yoga class is a perfect opportunity for beginners, or the 'inflexible' to learn basic postures or asana's, to relieve tightness in muscles leaving you relaxed yet refreshed to carry on with your day. Vitality and range of motion is gained.

Yoga for Arthritis

Movement is critical for all forms of arthritis – don't let arthritis stop you from reaping the huge benefits of yoga! This class is designed to teach postures that are safe for all types of arthritis. Increase range of motion, relieve pain and tightness, feel relaxed yet refreshed...lighter, to carry on with your day.

Yoga for the Desk Jockey

Sitting at your desk all day can be very stressful to your neck, shoulders and back among other areas of the body! Join in on this easy yet relaxing class that will 'unwind' these tight areas of the body, will relieve tension, increase range of motion and mobility. A must class to join for any 'desk jockey'!

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Journey to Wellness

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Fitness Classes

Gentle Yoga

Join in for a relaxing session of easy yoga postures, and breath work leaving you feeling very relaxed yet refreshed to carry on with your day. Learn a variety of basic yet progressive postures that will also increase your knowledge in yoga postures, increasing personal range of motion, flexibility and breathing skills.

Noon time Yoga

For participants who have a basic knowledge of hatha yoga. Take a time out during the day for a yoga session that will leave you feeling refreshed and lighter.

Breathe!

This class is designed to teach each person the skills required for healthy diaphragmatic breathing. Research shows that consistent diaphragmatic breathing calms the nervous system therefore slows the heart rate down, it reduces muscle and fascia tensing, racing thoughts, and that general 'stressed' out feeling. So in turn breath work alone can reduce stress levels, reduce the risk and symptoms of various illnesses, eliminating the need for certain medications, improve sleep patterns, exercise and even what we eat!

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Journey to Wellness

"It's about the journey"

Rental Opportunities

(host your event or seminar at Journey to Wellness)

Journey to Wellness is a newly renovated 4000 sq foot health and wellness centre located at 239 Amelia St. West in Westfort. We offer 3 beautiful spaces available for rent. Whether it is for a corporate function, AGM, Christmas party, training, or a place to hold your workplace wellness workshops or activities, our goal is to help you make your event successful. Catering is available for any function; please see our catering section of this guide for more information.



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Journey to Wellness

"It's about the journey"

Rental Opportunities

Main Lecture Hall

Seats up to:

150 people (theatre style)

104 people seated - tables of 8

Cost: \$100 half day (1-4 hours)

or \$150 full day



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Rental Opportunities

Multi-Purpose Room

Seats up to:

60 people (theatre style)

40 people seated at tables of 8

Cost: \$60 half day (1-4 hours)

or \$100 full day



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Rental Opportunities

Kitchen

Perfect for smaller meetings.

lunch and learns

or cooking classes

Seats up to 12 people

Cost: \$50 half day (1-4 hours)

or \$75 full day

(additional charge applies if kitchen equipment is needed)



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Rental Opportunities

Additions

Projector and Screen \$50/event

Laptop \$50/event

DVD Player \$25/event

Flip Charts with Markers \$10/ea

Wireless Internet \$10/event



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Catering by: *Simplicity*

SIMPLICITY

*Simply Fresh, Simply Healthy,
Simply Delicious*

In-House Catering Menu



Other Simplistic Gatherings

- Interactive culinary classes
- Deliciously healthy meals to go
- Lifestyle programming
- Kids in the Kitchen
- Picnics to go
- Plus more!

Simplicity

Located @ Journey to Wellness
239 West Amelia St

MORNING MENU

Whether it is starting your day off right with a nutritious breakfast, or preparing yourself for the big meeting, Simplicity and wholesome cooking will satisfy your taste and prepare you for the day.

Cold Breakfast Buffet (minimum 15 guests)

\$6.95 per person

Assorted freshly baked muffins, loaves, scones

A variety of jams and butters

Tea and coffee

\$9.95 per person

Assorted freshly baked muffins, loaves, scones

A variety of jams and butters

Strawberry yogurt, fruit and granola parfait

Selection of chilled fruit juices

Tea and coffee

Hot Breakfast Buffet (minimum 15 guests)

\$14.95 per person

Crepes & Waffles

Heavenly hash—scrambled eggs, veggies and cheese

Fruit salad

Yogurt, whipping Cream, syrup, cinnamon sugar, sauces

Tea and coffee

Catering by: *Simplicity*



Minimum 15 guests

Build Your Own Sandwich Buffet

A combination of freshly tossed green salads drizzled with homemade dressings, creamy coleslaw, assorted vegetables and dips, roasted vegetables, spreadable goat and other cheeses, sliced roast pork, chicken, egg, tuna salads, fresh rolls, buns, flatbreads, pickle and olive tray, dainties, coffee, tea and punch

\$14.95 per guest

Build Your Own Salad Buffet

A combination of freshly gathered greens, homemade dressings, croutons, bacon, chicken strips, cheeses, pine nuts, cranberries, black beans, corn, creamy coleslaw, thinly sliced vegetables, a pickle and olive tray, hard boiled eggs, boiled mini potatoes, fresh rolls, buns, flatbreads, corn chips, dainties, coffee, tea and punch

\$ 14.95 per guest

Freshly Made Soups

- Mediterranean Vegetable Soup
- Cream of Broccoli
- Black Bean & Sweet Corn Chowder
- Red pepper- Tomato Soup

Freshly Made Quiche

- Spring Vegetable

Desserts

The grand finale made simple, yet fun and delicious.

- Black Bottom Banana-Cream Pie
- No-Guilt Brownie and Fresh Fruit compote
- Sinfully Low Fat Lemon Cheesecake

Add \$ 4.95 per guest



Dinner Buffet

\$ 14.95 1 salad, 1 starch, 1 vegetable, 1 entrée

\$ 22.95 1 salad, 1 starch, 2 vegetable, , 2 entrée, dessert

\$ 25.95 2 salads, 1 starch, 2 vegetables, 2 entrees, dessert

Salads

Tossed lettuce greens with choice of dressing
Caesar salad

Black bean and lime chili salad

Creamy coleslaw with cranberries and sunflower seeds

Vegetable Ribbon Salad in Balsamic dressing

Starches

Roasted garlic mashed potatoes

Herb potatoe wedges

Scalloped potatoe gratinee

2 potatoe hash

Vegetable fried rice

Garlic buttered linguini

Catering by: *Simplicity*



Vegetables

Green beans with balsamic vinaigrette
Chili roasted corn
Curry glazed carrots
Sauteed greens
Spicy black beans
Buttered vegetable medley

Entrées

Penne pasta with meatballs in a marinara sauce
Roasted vegetable quiche
Ricotta and mushroom ravioli
Maple-mustard pork tenderloin with caramelized apples
Chicken parmigiana
Brie, caramelized onions, mushroom stuffed chicken breasts

Dessert

Swiss Chocolate Fondue

sliced fresh fruit, assorted dips,
freshly baked cookies, tarts, brownie

Simplicity

A division of Active Soul
Located in Journey to Wellness



Marla Covino-Hickerson
Phone: 807-285-SOUL
Cell: 807-285-7685
E-mail: mdhickers@shaw.ca
Web: www.activesoul4u.com

Journey to Wellness

"It's about the journey"

Please Contact Us...

Journey to Wellness

239 Amelia St. W.

Thunder Bay, ON

P7E 4A3



Phone: (807) 577-6255

Email: info@journeytowellness.ca

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