

## Partner with Us

Wellness Partners Works provides wellness retreats that wrap around your conferences, meetings, and events. Our programs are created to meet your specific needs:

### Meeting Planners

Wow your conference attendees! Now more than ever, people are seeking meaningful opportunities for personal growth and leisure during their time away. Make your meetings memorable with our complete wellness offerings. We provide the meaningful content so you can focus on your core topics.

### Corporations and Sponsors

Enlighten and inspire your participants long after their suitcases have been put away. Enhance your existing health and wellness initiatives or provide education, incentives and rewards for your leadership, employees, and clients.

### Associations and Organizations

Your members want more. Offer them an enticing escape from their busy lives. With wellness workshops that wrap-around your conference schedule, they'll be talking about your meeting for months.

### Conference Attendees & Guests

Discover inspiration and relaxation during your conference stay. Take a break during your meeting, socialize with your clients, bond with your team, and just maybe, change your life!



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Wellness Partners Works



Mind



Heart



Body



Spirit

Make Your Meetings  
Meaningful and Memorable



Wellness Partners  
Works

Partnerships that help you  
grow

## We Help You Grow

Wellness Partners Works provides refreshing wellness content to engage and motivate your participants. We'll reinforce your health and wellness initiatives by providing experiential learning conducive to personal growth for your clients, customers, leadership, or employees.

Wellness Partners Works helps organizations and individuals embrace the core elements of optimal wellness, health, nutrition, and fitness while fully nourishing mind, body, heart, and spirit.

Founded by Michelle May MD, Wellness Partners Works provides high quality health and wellness education and memorable experiences for participants in a conference or retreat setting.

This partnership enables you to offer your clients and guests an unforgettable and life-changing experience. Imagine the growth possibilities created by the synergy between Wellness Partners Works and you...

## Workshops & Wrap-Arounds

Wellness Partners workshops are structured as half, one, and two day packages that stand alone or can be fully integrated into your meeting. Sample menus include:

- The Half Day Escape
- The Executive's Wellness Intensive
- Getaway for Busy Women
- Mindful Eating Intensive
- Wellness Foundations
- Healer Heal Thyself

Each Wellness Partners wrap-around combines interactive workshops in nutrition, fitness, and life balance, as well as culinary experiences and spa selections as offered by the hosting facility. You may also design a custom retreat around your key messages. Below are just a few of the selections you can choose from:

- Create a Self-Care Buffer Zone
- Change Your Thoughts and Your Life
- Finding Balance While the World Spins
- Decrease Your Waistline While You Increase Your Bottom Line
- Why Diets Don't Work and What Does
- Fitness Essentials and Experientials
- Nutrition Essentials and Tasting
- Coping with Your Overeating Triggers
- Successful Goal Setting
- Mindful Eating Lunch
- Hiking, Yoga, Pilates, Balls & Bands
- Healthy Selections Culinary Demos
- Wine Tasting

## Your Wellness Partner

Michelle May, M.D.

Michelle is the founder and president of Am I Hungry?® Mindful Weight Management Program that received the Excellence in Patient Education Innovation Award. She

is also the award-winning author of *Am I Hungry? What To Do When Diets Don't Work* and *'H' is for Healthy – Weight Management for Kids*.



Michelle is the Chair of the American Academy of Family Physicians (AAFP) Americans in Motion Advisory Panel and serves on the AAFP Commission on the Health of the Public. She is also chair of the AAFP Women's Health and Physician Wellness Conference, past president of the Arizona Academy of Family Physicians, delegate to the AAFP Congress of Delegates and member of the AMA Healthy Lifestyles Advisory Committee.

As a physician, speaker, writer, workshop facilitator and consultant, Dr. May has shared her powerful and innovative lifestyle messages with thousands of workshop participants, health care professionals and organizations across the country.