



VEBA

RESOURCE CENTER
HEALTHY REBOOT



MOVEMENT



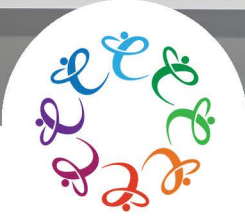
EDUCATION



STRESS
REDUCTION



NUTRITION
AND COOKING



WHAT IS THE VEBA RESOURCE CENTER?

The VEBA Resource Center (VRC) was designed to help VEBA members manage their well-being through a wide range of programs and services focusing on a holistic approach for each individual member.

WHAT IS THE HEALTHY REBOOT PROGRAM?

An all-day Saturday program with a focus on holistic health and well-being. This program will introduce all of the services offered at the VRC, inclusive of:

- Movement
- Stress reduction
- Education
- Nutrition & cooking
- Biometric screenings

**Healthy snacks and lunch will be provided!*

WHAT WILL I BE EXPECTED TO DO?

Attendees will be asked to participate in small-group movement classes such as yoga and mobility. In addition, participants will have the opportunity to try acupuncture and meditation. Lastly, participants will complete and receive printouts of their SECA full-body composition analyses.

WHAT SHOULD I BRING/WEAR?

Please bring a water bottle and dress in active wear

WHEN IS IT?

Contact the VRC for availability and next steps!
VRC@mcgregorinc.com
(619) 398-4220

WHERE IS IT?

VEBA Resource Center
1843 Hotel Circle South
San Diego, CA 92108

WHY SHOULD I GO? BECAUSE YOU'RE WORTH IT!