

Behind the Scenes: A Strong Start to 2025!

We kicked off 2025 with a powerful series of wellness events, bringing health, mindfulness, and nutrition to thousands of employees. These events weren't just about distributing information—they were about creating hands-on, immersive experiences that empowered attendees to make wellness a priority in their daily lives.

Here's a closer look at the impact we've made so far this year!



🌟 Riverside Unified School District Wellness Fair | January 15 📍 Riverside, CA | 5,000 employees invited

We had the incredible opportunity to support **Riverside educators**—the heart and soul of their community—with **resources to promote health and well-being**. This large-scale event featured:

- ✓ **Signature Wellness Booths:** Employees explored a variety of wellness stations, including **Trail Mix Creation, a Farmer's Market, Quinoa Salad Sampling, Essential Oils, and Homemade Hummus Tasting.** 🌿🥗
- ✓ **Relaxation & Self-Care:** Two on-site **massage therapists** provided much-needed stress relief to hardworking educators. 🧘‍♀️
- ✓ **Engaging Conversations:** Hand-picked exhibitors, our team, including **Amy, Bobbi, Maritza, Danielle, and Lex**, connected with employees, sharing practical ways to enhance their health routines.

This event was a **huge success**—educators left feeling refreshed, appreciated, and inspired to integrate **small but powerful wellness habits** into their daily lives.





 **Boudreau Pipeline Employee Wellness Event | February 11**
 **Corona, CA | 345 employees invited**



At **Boudreau Pipeline**, workplace wellness took center stage! This two-hour event was designed to help employees **fuel their bodies and minds** while juggling the demands of a fast-paced industry. Highlights included:

- ✓ **Healthy Fuel Stations:** Employees enjoyed a custom **Trail Mix Bar and Farmer's Market Experience**, reinforcing the importance of **nutritious, on-the-go options** for a busy workforce. 🍌🍓
- ✓ **Massage Therapy for Stress Relief:** One massage therapist provided **hands-on relaxation** to help employees unwind after long work hours.
- ✓ **Dedicated Wellness Support:** Our team—**Bobbi, Danielle, and Lex**, along with our exhibitor partners—ensured every attendee had a personalized experience, offering **expert tips** on balancing wellness with a demanding work schedule.

This event reinforced that **even in high-intensity jobs, small wellness shifts can make a big difference in energy, productivity, and overall well-being.**





 **Bobrick Employee Health Day | February 19**
 **North Hollywood, CA | 200 employees invited**


Bobrick understands that **employee wellness is key to a thriving workplace**—and we were thrilled to support their commitment! Employees had the chance to:

- ✓ **Explore Wellness Booths:** They engaged in **Essential Oils for Stress Relief, a Homemade Hummus Tasting, and a Trail Mix Station**—all designed to highlight simple, nutritious choices. 🌿🧠
- ✓ **Experience Deep Relaxation:** **Two massage therapists** provided on-the-spot stress relief, giving employees a **well-deserved break** to recharge.
- ✓ **Build a Culture of Health:** Our team—**Bobbi, Danielle, and Lex**—helped facilitate **conversations with our exhibitors**, leaving employees motivated to prioritize their health both at work and at home.

This event was proof that **small wellness touches** can **elevate workplace morale and boost productivity** in a big way!



Wellness isn't just a trend—it's a lifestyle. If you're looking to boost team morale, improve employee health, and create a culture of well-being, we're here to help.

 Interested in hosting a Spice of Life event at your company? Contact Amy at amy@greatdayeveryday.com to start planning today!