



**What are you waiting for?**

Call now to schedule your  
Teacher Appreciation and  
Pampering Session!

**Show Your  
Teachers How  
Much You Care**

## SHOW APPRECIATION

What if you could give your teachers a few perks to show them your appreciation? What if you could do it at absolutely NO COST to you? We love to give back to the community, so we offer three fabulous Teacher Appreciation events for free!

Our programs have been proven to help increase teacher satisfaction, bolster school spirit, and improve the overall health of our community!

With healthier, happier teachers, their productivity will increase, they will take less sick days, and your overall health costs will go down. Plus, a healthier school means a happier school!



**Lighthouse Health**

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**Try our Teacher  
Appreciation  
Program!**





# THREE WAYS TO SHOW THEM YOU CARE

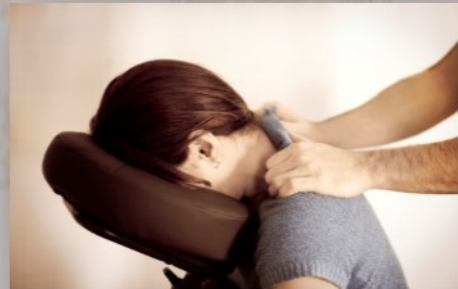


## “LUNCH AND LEARN”

During our “Lunch and Learn” sessions, we will provide a healthy lunch FOR FREE while we explain to your teachers how to better take care of their bodies and improve their health. Not only is it a fun and convenient way to show teacher appreciation, it's a great way to educate teachers about living a healthier life.

We'll leave your teachers with great ideas about reducing stress and increasing energy to manage life, work, family, and their health. It's a great morale boost!

Increased health means less sick days, more attention to students, and more interesting and creative lesson plans. When your teachers understand how to take care of themselves and get rid of health problems, they are more able to focus on their jobs.



## “SEATED MASSAGE”

This program will give each of your teachers a seated back massage to help them relieve stress and make them feel not only indulged, but also appreciated by you! It's completely free and we even come to your office!

Stress management is an essential part of health, and we will educate your teachers so they know how they can better control the stress in their lives. This means that they will learn to become calmer in intense situations and be more able to handle difficult situations with students, parents, and coworkers.

They'll feel pampered and cared about too, which increases the feeling of school spirit in the workplace. Remember that this is at absolutely no cost to you or to your teachers!



## “FREE HEALTH SCREENINGS”

Our “Teacher Health Screening” program is second to none. We excel at delivering a much-needed service to your teachers—a private health screening FOR FREE!

We can sit down, one-on-one, with each of your teachers to analyze and evaluate their health issues, weight-related problems, and general well-being. We can then give them some suggestions about how they can improve their lifestyles to increase their level of health and quality of life.

Many schools just like yours have seen the extreme benefits of offering Health Screenings. They make the teachers feel cared for and appreciated. When health is a priority, performance improves.