

## Move More, Feel Better

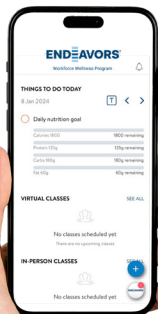
### Regular exercise is proven to

- Improve mood
- Increase mobility
- Reduce inflammation
- Provide relief for anxiety and depression

Start Your Fitness  
Journey Today  
Download the App!



- Customized fitness & meal plans.
- 1,000+ recipes!
- Chat with your Certified Personal Trainer.



# ENDEAVORS®

Workforce Wellness Program



### For more information, contact us:

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 @EndeavorsTexas

# ENDEAVORS®

Workforce Wellness Program



**CONNECTING PHYSICAL, MENTAL  
& NUTRITIONAL WELLNESS**

# Wellness Room

Take 30 to 60 minutes to disconnect from the world in our Mindful Chair™ and make mental wellness a priority! Achieve deep relaxation through mindfulness and meditation through state-of-the-art technology, customized for your experience.

## Relaxation Tools:

- Pandora Star
- Alpha Stim AID
- Alpha Stim M
- Aroma Therapy



## Weekly Fitness & Wellness Classes

### MONDAY

9 - 10 AM  
Stretch & Mobility

2 - 3 PM  
Bulletproof Body

5 - 6 PM  
Core Burn

### TUESDAY

9 - 10 AM  
Bulletproof Body

11 AM - 12 PM  
Nutrition Talk

### WEDNESDAY

9 - 10 AM  
Core Burn

2 - 3 PM  
Bulletproof Body

5 - 6 PM  
Stretch & Mobility

### THURSDAY

9 - 10 AM  
Bulletproof Body

11 AM - 12 PM  
Nutrition Talk

### FRIDAY

1 - 2 PM  
Breathwork &  
Meditation

### SATURDAY

9 - 10 AM  
Nutrition Talk

10:30 - 11 AM  
Mindful Flow/Movement

11 AM - 12 PM  
Stretch & Mobility

1 - 2 PM  
Bulletproof Body

The Endeavors Workforce Wellness Program has designed a fitness program to be **inclusive for all levels of ability**. We offer in-person group classes to help you and your family reach overall wellness.

**Nutrition Talk:** Cultivate a positive and sustainable relationship with food with help from our Certified Nutrition Coaches.

**Stretching & Mobility:** Help your body feel and move better through stretch and mobility work that targets areas of the body prone to aches and pains.

**Bulletproof Body:** Target aches, pains and injuries using mini bands, resistance bands, and bodyweight exercises.

**Core Burn:** Strengthen your core and lower back, work on core stability, strength, and balance using little to no or minimal equipment.

**Breathwork & Meditation:** Master techniques to boost your energy levels, strengthen your immune system, build lung capacity, and settle the mind.

## Wellness Workshops

**The Embodied Shift:** Explore somatic patterns and develop your ability to shift into a state of calm and relaxation. Ages 18+

**Life Skills Class with Horses:** Unmounted, creative activities with horses that will teach life skills and facilitate family bonding. Event ends with a campfire and smore's for the whole family. Ages 3+

**Art Therapy Group:** Use art to manage emotions such as anger, depression, and more. Ages 18+

**Financial Literacy:** Learn how to improve your credit and manage your debt. Ages 18+

**Family Bonding:** Improve communication through creative activities. Ages 5+

For a complete up to date schedule visit [endeavors.org/cbp-wellness-schedule](https://endeavors.org/cbp-wellness-schedule).