



Grokker

Grokker Provides the Tools and Resources to Focus on Emotional Wellbeing & Self-Care

The advice – and practices – to bring calm and focus into your life

Have mindfulness, sleep, and exercise taken a backseat to life's other priorities? Do you need more balance and tranquility in your days?

Grokker makes it easy and enjoyable to decompress and cultivate mindfulness with a wide selection of resources. Some fun ideas:

- **Enjoy** the extensive library of Grokker's expert-led videos and programs that make it easy and fun to feel your mind/body best.
- **Incentivize** your employees to complete a mindfulness "Program of the Month." (Grokker can help track your participants.)
- **Schedule** a Group Class from any of Grokker's videos to watch with other colleagues — and chat with in real-time before, during and after class.
- **Start** your next meeting with a 5-minute stretch video to feel reenergized.
- **Go** for a lunchtime walk with your colleagues (and track your workout on your Grokker-synced fitness tracker!).

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Grokker.com/SIGWellness





Emotional Wellbeing and Self-Care

Grokker programs to help you take care of yourself, your way!



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