



# Make Your Wellness Goals a Reality

**Canopy** and **HUSK** offer wellness programs:

## **Exercise:**

- Exclusive discounts at over **9,000** gyms, fitness centers, and studios nationwide.
- Reduced pricing for On-Demand exercise videos.

## **Eating:**

- Exclusive discounts on weight loss and healthy eating programs for the whole family.

## **Education:**

- Tools and resources that support you along your wellness journey.
- Reduced pricing on professionally guided health coaching programs.

## **Get started today:**

1. Go to **my.canopywell.com** to log in or register as a new user
2. Click on **'My EAP Benefits'**
3. Click on **'Wellness and Gym Discounts'**



SCAN ME

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