



Your Happy, Healthy People Connection

JUNE 2016

RE: JADE LADY EMPLOYER WELLNESS PROGRAM

The Jade Lady Employer Wellness Program is an opportunity to offer you and your staff more than a healthy exercise program. Research shows that mindful activity improves physical and mental flexibility. People participating in such activity are less stressed and, therefore, happier with life in general.

Since these arts can be practiced sitting in a chair or standing, they appeal to a wide range of people, from those recovering from injury to avid athletes. By using the 'one-room schoolhouse' approach, our clients are immersed in a culture of differing abilities.

Developing an accommodating mind increases relaxation and focus, which means your employees will be better equipped to appreciate colleagues and supervisors, solve problems, and meet deadlines. Well-focused employees improve your mission whether it's driven by economics or managing relationships. And when things are going well at work – where people spend most of their waking hours – they have more energy to manage other life challenges. **Bottom line... unstressed people make GREAT employees!**

Noted benefits of these ancient, mindful practices:

- Boost in Energy
- Decreased Stress
- Pain Mitigation
- Better Focus
- Improved Memory
- Increased Strength
- More Flexibility
- Enhanced Healing
- Less Illness

Want to enroll? Complete the form on the next page and return it to Jade Lady Meditation, 508 West Second Avenue, Suite 103, Anchorage, Alaska 99501.

Need more information? We would be pleased to set up a meeting to discuss the details. My contact information is listed below.

Sincerely,

A handwritten signature in cursive script that reads "DaoShima Susan".

DaoShima Susan
Studio Manager/Teacher
shimasusan@gmail.com
907-562-2863

☯ TaiChi ☯ Meditation ☯ Qigong ☯ Indigenous Dance

508 W 2nd Avenue #103 (facing E Street), Downtown Anchorage, Alaska 99501
Website: jadelady.com Phone: 907-562-2863 Facebook: Jade Lady Meditation

Jade Lady Employer Wellness Program ENROLLMENT FORM

For a nominal Employer Member Fee, based on a 12-month membership, Jade Lady will provide a 20% reduced rate for all participating employees. See Table 1 below to determine your monthly Employer Member Fee. Workshops and Private Sessions also receive a 20% reduced rate. Contact Jade Lady for details on those prices.

Already have a Wellness Program? Jade Lady will work with you to provide services that best serve your employees.

Table 1 – Employer Member Fee		
✓	Total Employees	Your Monthly Member Fee
	0-10	\$35.00
	10-20	\$45.00
	20-30	\$55.00
	30-40	\$65.00
	40-50	\$75.00
	50-60	\$85.00
	60-70	\$95.00
	70-80	\$105.00
	80-90	\$115.00
	90-100	\$125.00

Table 2 – Reduced Rate Employee Class Fees		
TaiChi or Meditation	20 Sessions	\$10.00/session
	10 Sessions	\$11.60/session
	Drop-in	\$16.00/session
Dance (90 Min)	20 Sessions	\$14.00/session
	10 Sessions	\$16.00/session
	Drop-in	\$20.00/session

COMPANY NAME _____

ADDRESS _____

AUTHORIZING PERSON _____ TITLE _____

YOUR PHONE _____ YOUR EMAIL _____

FROM TABLE 1: MONTHLY MEMBER FEE (charged monthly for 12 months) \$ _____

CREDIT CARD # _____

NAME ON CARD _____

EXPIRATION DATE _____ CVV CODE _____

AUTHORIZING PERSON SIGNATURE _____

For your protection, we will shred this document after entering the data into our encrypted, PCI Level 1 approved database. Or, you may call with all or any portion of your credit card information. Jade Lady serves to ensure that your data is safely encrypted and never saved in paper or electronic files.