



# Man-Made Wellness (Live Online)

September 16, 2022  
9:00am - 10:00am

**PRESENTER:**

**McKenzie Hirschfeld**  
Wellness Consultant  
The EA



## Calling All Men!

Join us for a can't-miss opportunity to discuss foolproof ways to take your first steps toward better health in ways research shows is meaningful to you: better sleep, more movement, better nutrition, and stress management. You will learn men-specific tips and resources to make your wellness goals a reality. We will also introduce you to our four-week program – designed specifically for men – built on habit-stacking techniques to make this year your year of health. It's time to focus on you; let's do this together.

### Register your team today!

**Pricing**

- List price ..... \$65
- EA Member ..... \$45
- Early Bird EA Member (register before September 2)..... \$35

**Register online** at [www.TheEA.org](http://www.TheEA.org)  
**Or call the EA** at 419-893-3000

Company: \_\_\_\_\_

Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Email \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ ST \_\_ ZIP \_\_\_\_\_

Registrant 1 \_\_\_\_\_

Registrant 2 \_\_\_\_\_

Registrant 3 \_\_\_\_\_

Registrant 4 \_\_\_\_\_

Registrant 5 \_\_\_\_\_

\*You may send a substitute at any time; however, no-shows or cancellations within 5 full business days of the program will be responsible for the full registration fee. The Employers' Association reserves the right to reschedule or cancel seminars if minimum requirements are not met.