

Online Corporate Wellness Workshops

Workshops Available

Your Health Your Choice – Focusing on cancer prevention: Smoking, Skin, Diet, Weight, Alcohol, Vaccination and Screening

Women's health – Focusing on breast, cervical and



- Men's health Focusing on prostate, testicular and bowel cancer awareness
- Men & Women's health Focusing on bowel, lung and skin cancer awareness
- Caring for your skin and skin cancer information
- Bespoke workshop of your choice combining any of the above choices



Pricelist

Workshop 1 - 1.5 Hours

- Live recording of webinar = additional €200
- Pre-recorded webinar = €400



€600

€1

pp

- Workshop 1.5 2.5 Hours
- Live recording of webinar = additional €300
- Pre-recorded webinar = €600
- Additional service 10 min 1:1 conversation post webinar

- Available 10 minutes after the webinar is completed

*Recordings are available for one week only



www.mariekeating.ie