

GoodLife CORPORATE WELLNESS

In partnership with GoodLife Fitness, we are delighted to provide healthy living options to enhance your conference experience. When organizing your next conference or meeting, consider the value of offering your attendees access to services such as:

Chair massage

Group Exercises (e.g. Yoga, Pilates, Zumba) before or after conference hours.

Facilitated stretch breaks or energizers

Healthy living workshops (e.g. healthy eating)

Let us help you create a unique and memorable experience. Contact us today to learn more about how we can energize your delegates and promote healthy work-life balance at your next conference or meeting.

GoodLife Corporate Wellness 1-877-348-8742 or corporatewellness@goodlifefitness.com

“At the Delta Fredericton Hotel, we are extremely conscious about health and wellness. Therefore, we are now presenting our Wellness Package to the Fredericton Community for their meetings and conferences.”



Delta Fredericton Hotel
225 Woodstock Road, Fredericton, NB, E3B 2H8
P: 506-451-7932 F: 506-457-4000 www.deltafredericton.com

Health & Wellness Package



Balance your Life & Health

Delta Fredericton Hotel

Your Package includes:

Breakfast

Fresh assortment of fruit smoothies (by the pitcher) . Trans fat free muffins
Sliced fresh fruit display with cottage cheese . House made granola with
fresh berries, honey, yogurt and 2% milk . Fresh brewed coffee and tea

Morning Health Break

Individual fruit yogurt . Whole fresh fruit . Granola bars . Bottled water
Energizer Coffee Break by GoodLife Fitness

Low Fat Lunch

Low fat broth soup . Vegetable crudités . Low fat Caesar salad
Assorted bread basket: a variety of ciabatta, kaisers, focaccia, wraps and pitas
Assorted deli meat: sliced turkey, sliced ham, sliced lean roast beef, salami and smoked meat
Relish tray: assorted sliced cheese, cucumber slices, tomato slices, lettuce, onion slices,
assorted mayonnaise and mustards . Fruit and yogurt parfaits

Afternoon Health Break

Tropical fruit kabobs with mango dip . Banana and coconut smoothies
(by the pitcher) . Trans fat free muffins

This package is for a minimum of 30 people

For more information, contact the Sales Office at 506-451-7932

Your Recipe for a Healthy Life!

