



# VEBA

RESOURCE CENTER  
HEALTHY REBOOT



MOVEMENT



EDUCATION



STRESS  
REDUCTION



NUTRITION  
AND COOKING



## WHAT IS THE VEBA RESOURCE CENTER?

The VEBA Resource Center (VRC) was designed to help VEBA members manage their well-being through a wide range of programs and services focusing on a holistic approach for each individual member.

## WHAT IS THE HEALTHY REBOOT PROGRAM?

An all-day Saturday program with a focus on holistic health and well-being. This program will introduce all of the services offered at the VRC, inclusive of:

- Movement
- Stress reduction
- Education
- Nutrition & cooking
- Biometric screenings

*\*Healthy snacks and lunch will be provided!*

## WHAT WILL I BE EXPECTED TO DO?

Attendees will be asked to participate in small-group movement classes such as yoga and mobility. In addition, participants will have the opportunity to try acupuncture and meditation. Lastly, participants will complete and receive printouts of their SECA full-body composition analyses.

## WHAT SHOULD I BRING/WEAR?

Please bring a water bottle and dress in active wear

## WHEN IS IT?

Contact us to register for the following all-day programs:

**October 20, 2018 | November 3, 2018  
November 10, 2018 | December 1, 2018**

## WHERE IS IT?

VEBA Resource Center  
1843 Hotel Circle South  
San Diego, CA 92108

VRC@mcgregorinc.com | (619) 398-4220

**WHY SHOULD I GO? BECAUSE YOU'RE WORTH IT!**