



# SOAR

## Corporate Wellness Programs

*with*

*Shannon Lee Nickerson*

The mission is to educate the participants on how to take charge of their health with lifestyle, food, and fitness modifications.

Participants learn how to identify what habits fuel their unique bodies for their optimal health through a remote wellness education program and monthly challenges to increase health and productivity for employees.



“Shannon Lee is a highly knowledgeable health coach and was an integral force in the success of our Weight and Wellness Program. She is personable and professional and the results included weight and fat loss, medications reduced, regular exercise implementation, blood sugar levels reduced, and improved sleep. I highly recommend working with her.”  
~ Kit R. WCI Director of Wellness Programs.



### **Transformational Health Strategist**

Shannon Lee Nickerson's mission is to empower men and women to nourish their body, re-train their mind, and connect with their spirit so they can feel good in their bodies again. The resources, guidance, and tools offered by Shannon Lee have helped hundreds of people take control of their health, rise up, and soar to live life to the fullest.

[www.ShannonNickerson.com](http://www.ShannonNickerson.com)