

NECA – Sound & Communications Wellness Services

Monthly Wellness Newsletter

Stay in the Know - Learn, Play, Have FUN!

This monthly publication includes valuable tips and resources on many health topics like Nutrition and more! Find out and join upcoming wellness events and challenges for prizes and a good time! New content each month to support your total wellbeing! The newsletter will be distributed to the membership at large.

Nutrition Counseling

Why not speak with our Health Nutritionist to target your specific goals? Eshan Dandekar RDN, brings a diverse background of clinical exercise knowledge to teach and provide nutrition, physiology, and so much more.

Find out more today!

Contact

martha.hagmaier@baysport.com
Appointments take place over the phone and/or through email communication.

Virtual Fitness Studio

Our team of group exercise instructors and personal trainers bring you a variety of fitness and mind-body classes that you can conveniently access anytime, anywhere.

New Members Enter Here:
<https://baysport.com/virtual-studio-enter>

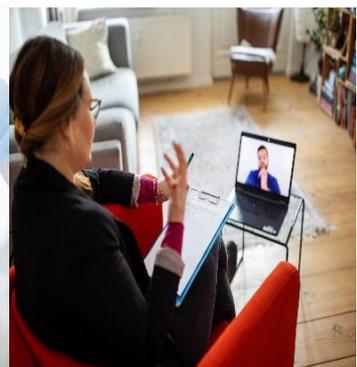
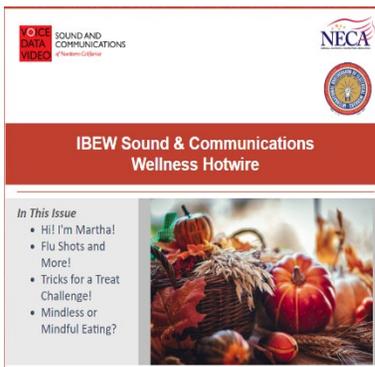
*The Virtual Studio password will update on the first of every month. You can find the new password in the *Monthly Wellness Newsletter*.

Incentive Programs

Throughout the year we will offer various health and wellness challenges designed to help you stay active, eat well and maintain your overall healthy wellbeing. Win prizes and have a good time? You bet! You can find new challenges in the *Monthly Wellness Newsletter*.

Health Coaching

Working with a Health Coach is one of the BEST ways to take charge of your health! A Health Coach is a trained counselor who will provide you with individualized support and guidance based on your goals and needs. **Book a FREE session today!** Contact martha.hagmaier@baysport.com Appointments take place over the phone & through email communication.



Sound & Communications Wellness Program Manager, Martha Hagmaier is available to support members with various wellness programs and events throughout the year. For more information regarding the Wellness services and how to enhance your member experience, please contact Martha at martha.hagmaier@baysport.com.