

Introducing NEW Programs Designed to Improve Employee Productivity!

Corporate Pit Stop is pleased to introduce our NEW wellness programs tailor made to benefit your employees. Now, you can partner with CPS through the year with our proven, effective wellness programs:



THE WELLNESS POWER HOUR – an engaging, thought-provoking and interactive presentation that covers 10 key areas of health.

MONTHLY WELLNESS CLASSES – tailor-made for your corporate staff, discussing important topics from carpal tunnel to depression.

PAIN & SLEEP RELIEF THROUGH AROMATHERAPY – a hands-on discussion of aromatic remedies that are safe, natural and effective.

ONE-ON-ONE COMPASS ASSESSMENTS – a personal bio-survey of your body's needs revealed through the use of proven and safe medical technology.

LUNCH & LEARNS – 30-minute fun and enlightening classes scheduled during breaks, lunch, or at corporate health fairs.

CORPORATE RETREATS & HEALTH FAIRS – customized events/ demonstrations benefitting management & staff including on-site clothed and seated massages for 15 or 30 minutes.

“The BWCC thanks Linda Penkala, owner of Corporate Pit Stop LLC, for such a wonderful presentation, ‘Wellness Power Hour - Putting Your Health in Your Hands’, at our Women In Business breakfast! Linda kept everyone engaged and everyone learned techniques through the power of aromatherapy and massage therapy how to have a healthier lifestyle.”

Arlinda Andrews
Baltimore Washington Corridor
Chamber of Commerce

Seeking a Work-Life Balance



Address Stress - Achieve Balance

Partner with **Corporate Pit Stop** throughout the year, and bring our proven, effective wellness programs to your employees.

Corporate Pit Stop

Your Corporate Wellness Partner for Life

ENCOURAGING, EMPOWERING & EDUCATING EMPLOYEES

- Let us help you to improve employee productivity and **presenteeism**
- Investing in prevention improves employee vitality and wellness - and **enhances your bottom line**
- **80%** of all illness is stress related
(Centers for Disease Control)
- **90%** of all primary care visits are stress related
(Journal of Occupational and Environmental Medicine)
- **40%** of job turnover is stress related
(American Institute of Stress)

CALL LINDA PENKALA TODAY FOR A FREE CONSULTATION AND BEGIN YOUR PATH TOWARD WELLNESS!

As Heard On



As Featured In



Partner with US for proven, effective results!

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