



GymNetwork 360

Cascade's partnership with **GlobalFit's Gym Network 360** helps you make your wellness goals a reality with programs that focus on the essential components of wellness: **Exercise, Eating, and Education.**

Exercise:

- Exclusive discounts at over 9,000 gyms, fitness centers, and studios nationwide.
- Includes specialty studios such as yoga, CrossFit, kickboxing, and Pilates.
- Reduced pricing for On Demand exercise videos.

Eating:

- Exclusive discounts on weight loss and healthy eating programs for the whole family.
- Includes Nutrisystem, Jenny Craig, Power Up, Man Up, Diet-to-Go and Kurbo.

Education:

- Tools and resources that support you along your wellness journey.
- Digital GO Newsletter with cutting-edge wellness content.
- Reduced pricing on professionally guided health coaching programs (additional fees apply).

GET STARTED TODAY!

1. Go to: www.globalfit.com/cascadeEAP
2. Click on: '**Activate Your Benefit Now!**' to sign up and click '**Submit**'
3. Enter your zip code and click '**Find A Gym**' to view your discounts and available gyms

For more information:

Call: 800-433-2320

Text: 503-980-1777

Email: info@cascadecenters.com



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