



## Practical Prescriptions: Working Wellness Solutions

Lesley Stoyan, owner of Daily Apple is the creator of **Practical Prescriptions Working Wellness Solutions**, perfect for corporations, small businesses, group events and individuals. An accomplished public speaker, Lesley brings a wealth of knowledge and expertise to a range of wellness topics. With energy and humour, Lesley truly “practices what she preaches” and teaches others to do the same.

Make your customized wellness workshop a complete experience with **Daily Apple’s** delicious and nutritious organic catering.

Wellness Workshops can be in the format of an Organic Snack and Chat, Organic Lunch and Learn, Half or Full Day Wellness Events

**Daily Apple** is an eco-conscious natural health company specializing in food, fitness and green living. **Lesley Stoyan** is a certified fitness & lifestyle coach, personal trainer & yoga instructor, who has worked in the corporate wellness sector for over 10 years. She is also a dedicated vegan cook – making it easy for people to increase the amount of vegetables in their daily diet. Daily Apple’s organic menu items were voted “Best in Toronto” by Sweetspot.ca and their eco living programs were recently featured on CBC Newsworld with Heather Hiscox. Lesley has created many working wellness programs for businesses & corporations both in Canada and the United States and has been featured in Chatelaine, The Toronto Star and Citi Life. Sample workshop topics include:

**The Everyday Athlete: Working Workouts into your Workday**

**Better Business Bodies: An Employee Efficiency Program**

**Elite Athletics: Performance Programs for the Experienced Athlete**

**The Core Plan: Strengthening the body with Yoga & Pilates**

**Eating for Energy & other vegetarian cooking workshops**

**It’s So Easy Living Green: Eco-friendly living programs**

To plan & book with Lesley or Daily Apple contact us at  
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