

THE COWTOWN MARATHON WELLNESS CLINIC

A WHOLE-PERSON APPROACH TO HEALTH & PERFORMANCE

The Cowtown Marathon Wellness Clinic is an immersive, hands-on experience designed to inspire healthier lifestyles and promote lasting wellness in your organization. This unique event blends education, movement, and interactive activities that address the most relevant areas of modern well-being—from mobility and nutrition to mindfulness and recovery.

Participants will rotate through expert-led sessions that are engaging, accessible, and energizing. Each workshop focuses on a different pillar of wellness, giving attendees both the “why” and the “how” of self-care they can implement immediately.

BRONZE PACKAGE

FOOT HEALTH & BALANCE TRAINING

Learn how foot mechanics and balance influence overall movement, injury prevention, and daily energy levels—complete with guided mobility and strengthening work.

STRETCH, MOBILITY & FUNCTIONAL MOVEMENT

A guided practice targeting common tension zones for office professionals and active adults alike, designed to improve posture, flexibility, and pain-free movement.

YOGA, BREATHING & MEDITATION

A yoga instructor will walk participants through calming breathwork and simple mindfulness practices to reduce stress, improve focus, and support mental health.

\$50 per-person - Minimum of 15 participants - Maximum 25 participants - 2 hour event duration

SILVER PACKAGE

HANDS-ON NUTRITION WITH A DIETITIAN

A registered dietitian will lead a discussion on sustainable, energizing nutrition, followed by a collaborative healthy snack or lunch-making session.

Includes all Bronze Package wellness essentials

\$70 per-person for the healthy snack or \$80 per-person for the lunch-making session

Minimum of 15 participants - Maximum 25 participants - 3 hour event duration

GOLD PACKAGE

SPECIALIST SPOTLIGHT: SLEEP, SKIN, OR RECOVERY

Choose from an optional guest expert session—whether it’s sleep hygiene, skin health, or holistic recovery, this bonus adds another layer of insight to the wellness experience.

Includes all Bronze & Silver wellness essentials

\$100 per-person - Minimum of 15 participants - Maximum 25 participants - 4.5 hour event duration

WHY IT MATTERS:

Investing in employee well-being boosts morale, reduces burnout, and improves overall productivity. The Cowtown Marathon Wellness Clinic offers a proactive, community-focused approach that blends science, movement, and fun—helping people feel better, move better, and live better.

LET US BRING WELLNESS TO YOUR TEAM

For booking, group pricing, or customization options, contact us at:

 info@cowtownmaraton.org

 817-207-0224