



DISCOUNTS AND PERKS

OUR COMMITMENT TO YOUR WELL-BEING

As part of our ongoing commitment to support the health and well-being of the employees of our member institutions, GMHEC is pleased to offer a variety of employee discounts on services to enhance your physical, mental, and emotional wellness.

This guide highlights local and regional resources available to you at a reduced cost. Our goal is to make it easier—and more affordable—for you to prioritize your well-being in ways that matter most to you.



MINDFULNESS

Guided Resilience Beginning Mindfulness Course. This course is virtually throughout the year. There is no cost for employees to participate. Mention you saw the GMHEC Well-being promo when you reach out to Coach Cami at cami@guidedresilience.com.

JUST FOR FUN

Voila! Let's Party. \$10 off a purchase of \$100 or more. Contact hello@voilaletsparty.com and mention the GMHEC Well-being discount. This offer is a one-time use per calendar year.

Join Jennie Date of Hidden Path Astrology for an insightful conversation about your well-being based on your astrological blueprint. Use discount code WELLNESS15 at checkout.

Snapshot Photobooth is offering a one-time 10% discount to on any of packages View package details here. To redeem the discount, simply mention the GMHEC discount program when you contact Snapshot at Snapshotvt@gmail.com or at (802) 310-9681.





MASSAGE

Body Charge Therapeutic Massage, Shelburne, VT. Receive 50% off the Nordic Spa sauna and cold plunge pool. This is a \$30 value for \$15 and includes a day pass to the Shelburne Athletic Club (equipment, classes, & locker rooms). Mention the GMHEC Well-being offer when you call for an appointment. Contact Darcie Shedd at (802) 503-8198.

Inspire Massage and Healing Arts, Northfield, VT. Mention GMHEC Well-being discount for either \$10 off your first session or an extra fifteen minutes free to any session. Contact Laura Manfred at 802-485-9660 or at laura@inspirevt.com.

Of the Earth Massage in Northfield, VT. 15% discount for bodywork, redeem with code BEWELL15 at the time of checkout. This is a one-time use code.

FITNESS

Dexa Fit Burlington. 20% discount on any one of testing services. Offer is good for a one time use. Use code corresponding to your school: CC20, MIDD20, NOR20, SMC20.

Little City Community Fitness, Vergennes. 50% off your first one-on-one personal training session with Laura Matuszak, Personal Trainer and Strength Coach. Mention the GMHEC Well-being discount when you email, call or text Laura at littlecitycommunityfitness@yahoo.com or at 802-238-9168 to schedule a discovery call to sign-up for your first session.

NCK Personal Training/North Country Kettlebells. 20% off all training packages. Mention the GMHEC Well-being discount when you connect with Mujib. (802) 438-1017.



Soulshine Power Yoga, Burlington and Essex Jct. 20% off all full-priced drop-in classes and class passes. 10% off all full-priced retail. Email soulshinepoweryoga@gmail.com or call (802) 662-4147 and mention the GMHEC Well-being discount.

Sports and Fitness Edge, Essex and South Burlington. Exclusive membership rates for employees. Discounts available for family members. Click [here](#) for more information.

Vermont Feldenkrais 20% discount on your first private lesson (\$80 instead of \$100) and a free online group class (a \$15 value). Mention the GMHEC Well-being discount when you contact Uwe.

VT Moms Physical Therapy and Performance, Vergennes. In person. 50% off an initial evaluation, which is normally a \$300 value for \$150. Mention the GMHEC Well-being discount when booking an appointment and show your employee ID at your visit.

Wheels on Wheels Mobile Bike Repair Mobile bike tune up and repair Operating within a 15-mile radius of Essex, VT. 10% discount on labor with code GMHEC25.