



Cottingham & Butler

Be Healthier. Be Happier. Save Money.

Whether you're looking to hit the gym, craft a healthier diet, or enjoy a massage on your day off, your Cottingham and Butler Discount Program serves up serious savings on health and wellness.



Healthy choices keep your mind sharp

20 minutes of exercise can boost your memory 10%. A balanced diet rich in fruit, veggies, and lean proteins prevents memory loss as you age.



Exercise makes you more productive

72% of employees who exercise on workdays report better time management skills.



Activity makes you happier

20-30 minutes of moderate daily activity will elevate your mood and reduce risk of future depression.

DOZENS OF EXCLUSIVE WELLNESS DISCOUNTS LIKE:



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