

Work Life Balance @ Vita Therapia Co-working

Your Work Our Space

We believe that a space should mold to the uses of the people who use it. Our goal is to provide a community where people can find growth, connection, and collaboration in the work they do, in the activities they engage in, and in the dreams they follow.



So,

What is a co- working space?

—

*The quick answer: it is a
collaborative hub for individuals
and businesses.*

Looking at the NUMBERS

74% *of workers
Larger Corporate Companies,
Entrepreneurs,
& Private Practices*

*are more productive when working
in a co-working space*

14% *of large corporations'
employees use co-working
spaces*

83% *of Co-working
Members
claim to have benefited from the
new work environments over the
past 5 to 10 years*



Is Co-working just for Corporations?

Co-working is just a term that means that a collection of different people and businesses use the same space. The way we Vita Therapia defines co-working is to explain it at a shared space concept. A single person or business isn't using the space. Instead a business manages the space and licenses out its use to other businesses and people in the community.



Why are there different Co-working spaces?

Just like the people in our individual towns and cities, our needs, likes and dis-likes differ. Each co-working space is created to serve and work for its community and this is why each co-working business and location can feel, look, and operate differently. You will want to go to a co-working space to make sure it is a good fit for you.



The Vita Therapia Difference

**WE BELIEVE THAT
ANYTHING IS
POSSIBLE WITH A
LITTLE SUPPORT AND
GUIDANCE.**

Including the achievement of goals, dreams,
and passions

Jenna Amara

CEO | Managing Member

OUR PHILOSOPHY

Our Values

Compassion

We believe in social responsibility and managing our business with this in mind. We believe that we can each have an impact on another person's life so it is best to first act from a place of compassion. We support community organizations and businesses who's mission it is to do good for others.

Community

We believe in supporting programs that will empower and enrich the lives of the community.

Collaborative

We believe that everyone was born for a reason and has unique gifts to share with the world regardless the color of their skin, religion, sexual orientation, gender or gender identity, ethnicity, education level, or family situation.



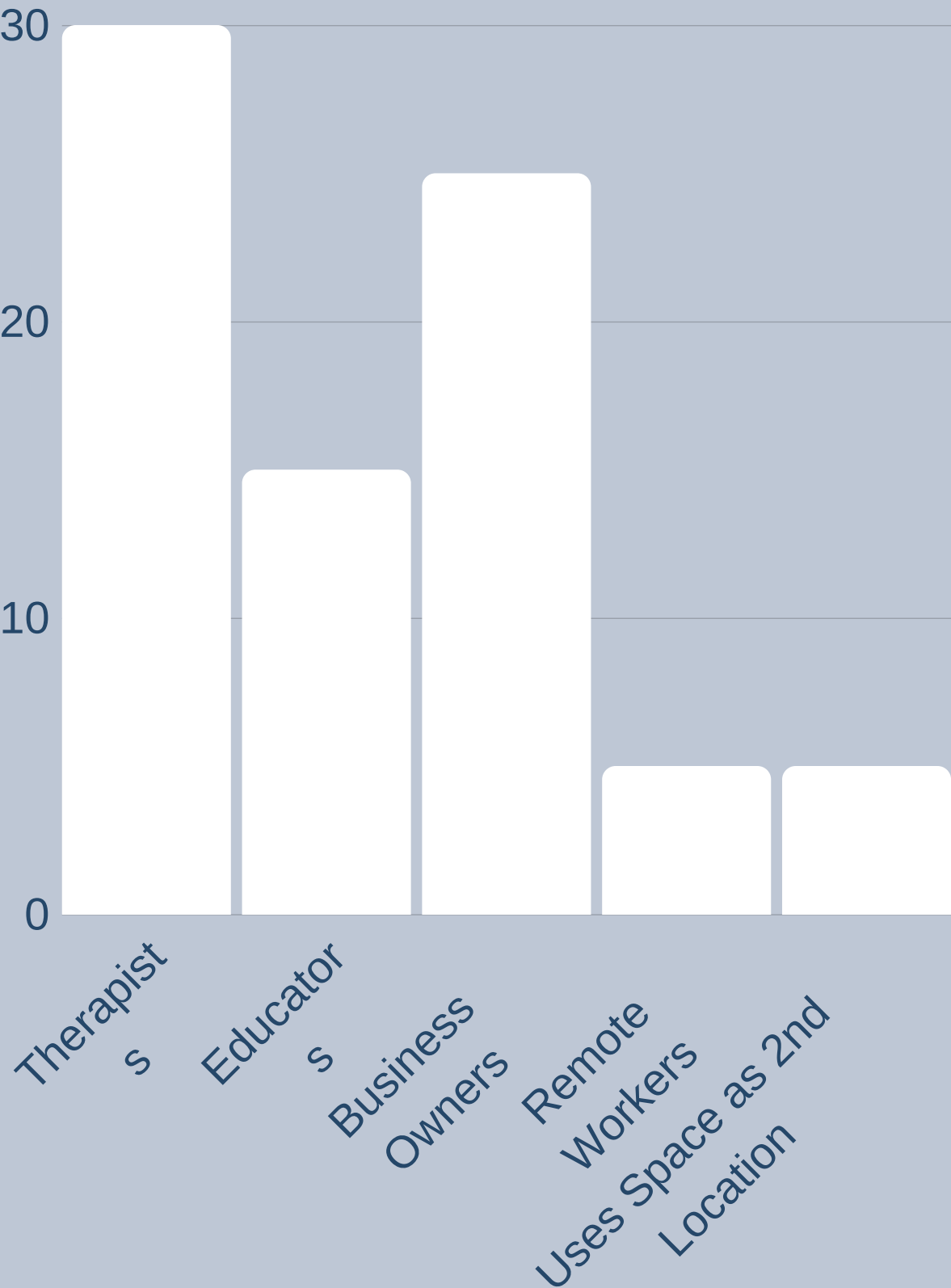
Our Members

So who will you find working at Vita Therapia? We have a wide range of businesses, industries, and ways which people use our space.

Our biggest cross-section of members are our therapists who are all in private practice and our business owners. As we grow we are hoping to see our remote worker category grow.

Our industries space from wellness, finance, law, creative, business, and sales.

Our event space is often used for workshops, yoga, Tai chi, and CPR & First Aid Training.



Regular Events

What to look forward to

Networking Events

- Up Together Mixer - A speaking opportunity for local businesses mixed with relaxed open networking before and after the talk.
- Women Business Share - The last Wednesday of the month we gather for structured networking - share about your business and then ask for what you need.
- Community Collaborative Networking Events - We partner with local Chambers of Commerce to bring in speakers and lunch
- Munch & Learn - Educational networking opportunities

Member Only Events

- Member Potlucks - Join us to get to know other members.
- Mentoring - By appointment, meet with the Vita Therapia Co-Working Staff and brainstorm ideas for your business or ask talk over issues you may be having. We are happy to provide you with great referrals to amazing resources.

Monthly Member Events

- Merrimack Valley Center for Empowerment MAX Meditation
- The Art of Living - Happiness Program
- Tai Chi on Tuesdays
- DBT Group Therapy
- And many more events offered check our online calendar for more information.

Amenities

What you can expect



Fast and Reliable Internet



24/7 Access



Free Coffee & Tea



Book Rooms & Desks Online



Flexible Membership Plans



Community

MEMBERSHIP TYPES

Day Pass

Pre-Pay for use of our Open Shared Workspace or Private Offices. When you need to use your Day Pass just log on and book your space.

Shared Space

Monthly Memberships to our Open Workspace in our Cafe & Gallery. Get an hour in our Conference Room.

Private Office

Presentations are communication tools that can be used as lectures.

Event Space

Presentations are communication tools that can be used as lectures.

Our Spaces



Conference Room

Our conference room is available to members to use on demand, for a set of hours each month, and to others in the community who just need a place to meet occasionally.



Large Group Room

Our Large Group Room is available to members and to the community to use for a fee. Can seat up to 40 to 50 with chairs only and 30 with tables and chairs. Great for Yoga, Tai Chi, and other community Workshops.

Small Group Room

Our Small Group Room is available to members and to the community to use for a fee. Can seat up to 25 with chairs only and 16 with tables and chairs. Great for Yoga, Tai Chi, and other community Workshops.



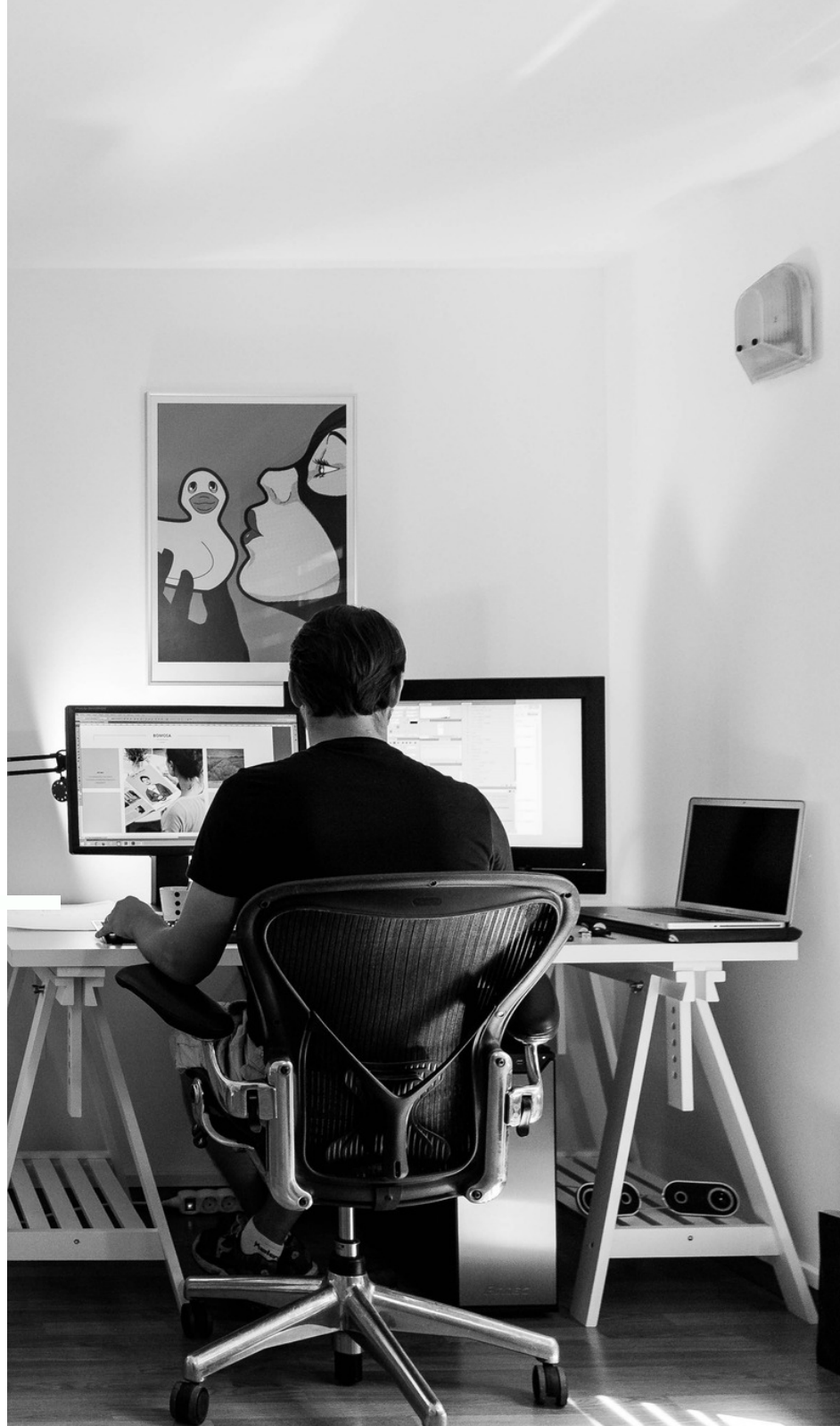
Our Options

We have many different options for Private Offices. In fact, we have a total of 14 Offices in our community. We work on hours used per month basis, so if you'd like pricing come for a tour and we can discuss the best option for you.

A Few of Our Private Offices



Location



Westford, Massachusetts

We are currently located right off 495 in Westford, Massachusetts.

Surrounded by many different companies, we have a plethora of choices when it comes to eating. If you like to shop, we are right down the street from Home Goods, Market Basket, and Whole Foods.

We are also down the street from the Westford Regency Inn, who has excellent gym membership options.

The Side Entrance of
The Westford Commons Building

234 Littleton Road
Westford, MA 01886

How to be a Vita Therapia Member



Contact us.

Contact us or schedule a tour online.



Receive our Rates

Confirm which plan you'd like to sign up for and we'll send you an agreement to sign.



Get to Conquering Your Task Lists

We'll set up an on-boarding meeting to get you set up.

VITA THERAPIA CO-WORKING TOUR

If you'd like to come see our space for yourself. We'd love to have you over for a Tour!

Book yours by clicking the big calendar on the right!



[Click Here to Schedule a Tour](#)



Get In Touch

For inquiries and concerns

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