

FOR IMMEDIATE RELEASE

EverResi™ Media Launches Health & Wellness Platform

Charlotte Blais debuts M³: Motivation • Movement • Meal Prep, presented by Blue Chip Maintenance

A new destination for practical wellness, healthy living, and expert-driven content designed to help people thrive at home, at work, and in their communities.

Atlanta, Georgia July 17, 2026	MEDIA CONTACT Gregory Frank Founder, EverResi™ Media hello@everresi.com EverResi.com
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EverResi™ Media today announced the launch of its new Health & Wellness platform, a digital destination created to help individuals build healthier, more balanced lives through practical, expert-driven content.

The platform will feature trusted contributors, original wellness resources, inspiring stories, and actionable guidance across movement, nutrition, mental wellness, healthy living, and personal growth.

Leading the platform's launch is Charlotte Blais, a certified instructor who joins EverResi™ Media as a featured Health & Wellness contributor with the debut of M³: Motivation • Movement • Meal Prep, a signature wellness series presented by Blue Chip Maintenance.

“Health and wellness are deeply connected to how people live, work, lead, and show up in their communities. With this platform, EverResi™ Media is expanding its commitment to practical, meaningful content by giving audiences access to wellness guidance that feels useful, relatable, and built for real life.”

Gregory Frank, Founder, EverResi™ Media

Introducing M³: Motivation • Movement • Meal Prep

M³ was created with one goal in mind: making wellness simple, practical, and sustainable. Drawing on Charlotte Blais' experience as a certified instructor, the series is built around three essential pillars - Motivation, Movement, and Meal Prep - with realistic strategies that help transform everyday routines into long-term healthy habits.

Each article, video, and resource is designed to encourage progress over perfection, giving people the confidence to take small steps that lead to meaningful change.

“Wellness isn't about perfection - it's about consistency. M³ is designed to meet people where they are and provide practical tools that help them feel stronger, healthier, and more confident every single day.”

Charlotte Blais

A Wellness Platform Built for Real Life

EverResi™ Health & Wellness was created to become a trusted resource for individuals seeking credible, relatable, and actionable wellness content.

Practical movement strategies	Motivation and mindset development
Healthy recipes and meal prep ideas	Wellness at home and in the workplace
Mental resilience and personal growth	Expert interviews and wellness conversations

Presented by Blue Chip Maintenance

As the presenting sponsor of M³, Blue Chip Maintenance is expanding its commitment to stronger communities by investing in wellness education and healthy living initiatives.

Through its partnership with EverResi™ Media, the company is helping make wellness education more accessible by supporting content that encourages healthier choices, greater balance, and long-term well-being.

Blue Chip Maintenance Quote: “Supporting healthier communities goes beyond the places we maintain - it starts with the people who live and work in them.”

Looking Ahead
Readers can look forward to additional contributors, original wellness series, interviews, recipes, movement programs, and community-focused initiatives. Better Living. Better Performance. Better Communities.

Learn more: <https://www.everresi.com/healthandwellness/>

About EverResi™ Media

EverResi™ Media is a modern digital media platform dedicated to informing, inspiring, and empowering individuals through original content, expert contributors, and meaningful conversations across business, leadership, wellness, lifestyle, and community impact.

About Blue Chip Maintenance

Blue Chip Maintenance is a national leader in residential property maintenance, partnering with communities across the country to deliver reliable, high-quality maintenance solutions while supporting healthier, stronger communities.