



## Onsite Occupational Wellbeing Service

We offer in-house Occupational Wellbeing Services such as:

- ◇ Physiotherapy
- ◇ Podiatry
- ◇ Rehabilitation Pilates Classes
- ◇ Corporate Massage Chair Hire
- ◇ Postural Assessments
- ◇ Indian Head/Therapeutic Massage
- ◇ Nutritional Evaluations
- ◇ Other Alternative Therapies

Either at your company premises, or locally.

Great for stressful working environments and also for staff sitting at desks, or standing, for prolonged periods throughout the day.

## Health Promotion and Awareness

A good way of introducing the concept of health and wellbeing at work:

- ◇ 'Working Lunch' awareness session (education about health, fitness, nutrition, stress, back pain)
- ◇ Backcare Workshops
- ◇ Health and lifestyle awareness (half or full day 'in house' exhibition)
- ◇ Blood Pressure Awareness
- ◇ Weight Management Awareness
- ◇ Cardiovascular Fitness Awareness
- ◇ Stress at Work (Interactive Session)
- ◇ Monthly Staff Competitions
- ◇ Personal training and rehabilitation advice

Ergonomics ◇ Corporate Wellbeing ◇ Physiotherapy