

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