

Corporate Wellness

A man in a white shirt and tie stands on a green field with arms outstretched, looking up at a bright sun in a blue sky. A laptop is on the ground in the foreground.

A **HEALTHY** Team... is a **HAPPY** Team...
is a more **PRODUCTIVE** Team...

Are You Protecting Your Company's Most Precious Asset?

Employees are the backbone of every business, and are the key to their success. The Team at **The Wellness Centre (Castle Quay)** are leaders in Corporate Wellness and can provide businesses with tailor made solutions to:

- Maximize Employee Productivity
- Prevent Injury in the Workplace
- Reduce Absence due to Illness
- Lower Healthcare Costs

Most businesses today struggle with the same age-old problems. Ever increasing workloads & fast changing work environments lead to:

- Increased Anxiety & Stress = 'Burn out'
- Tired and/or unmotivated Workforce
- Reduced Performance & Low mood
- Reduced Cohesion in Team/Organisation
- Increased sick days + increased turnover of Staff & Recruitment.



Why Implement a Corporate Wellness Program?

Successful Corporate Wellness Programs can create a framework to significantly improve an Employee's work/life balance and increase overall productivity within a business. All of this equates to a happier & healthier workforce, better productivity and ultimately more profit for the Corporate Entity. Our Corporate Wellness Programs go beyond teaching your Employees about work/life balance. They are designed to help you protect your most valuable assets.

To help businesses effectively introduce wellness into their workplaces we offer several levels of support, which are designed to make health & wellbeing more accessible and affordable for all businesses and their teams:

- **Corporate Pricing** (Preferential Rates for Services & Therapies)
- **Wellness Warrior Program** (Structured monthly healthcare for your Team)
- Individually Tailored Corporate Events (Wellness Lectures, Wellbeing Days, etc.)

If you would like to find out how **we** can help **your** business implement a Corporate Wellness Program tailored to your needs, please contact our dedicated Corporate Wellness Team on **01534 633060**, or email us on admin@the-wellness-centre.com

N.B. - *Our Chiropractic, Physiotherapy, and Mental Wellbeing professionals are covered by most major Private Medical Insurance Companies i.e. (AXA Health, AVIVA, BUPA, etc.)*



CORPORATE PRICING

Our Corporate Pricing offers Employees of partnered businesses, preferential rates and discounts for a wide range of Health & Wellness services & therapies, giving them access to more affordable care. By partnering your company with The Wellness Centre (Castle Quay) as your preferred 'go to' establishment, we will in return give your Employees:

Chiropractic



- **FREE Spinal Health Checks (MyoVision + PostureScreen)**
- **25% Off** Consultations (History + Examination)
- **20% Off** WorkStation Assessments
- **10% Off** Chiropractic Treatments

Complementary Therapies



- **20% Off** Massage Therapy
- **20% Off** Sports Therapy
- **20% Off** Reflexology

float SPA Hydrotherapy



- **50% Off** Floatation Therapy
- Float effortlessly in warm water (saturated with over 500kg of Epsom Salts)
- Deep Physical & Mental Relaxation (1 hour = 4-6 hours deep sleep)

Physiotherapy



- **50% Off 'YOU MOVE'** Posture & Movement Health Check
- **25% Off** Consultation (History + Examination)
- **10% Off** Physiotherapy Treatment
- Movement Therapy Classes and 1:1 Sessions

Wellness Studio



- Yoga & Pilates
- **10% Off** Group Classes and 1:1 Sessions
- Wellness Lectures & Workshops available on request

WELLNESS WARRIOR PROGRAM

...Discover your Inner Warrior...

Our Wellness Warrior Program is not your average health program... It is a transformative membership program designed to help businesses enable their teams to regularly participate in a comprehensive range of Health & Wellness Services and Therapies. For a *small monthly contribution* (with all the benefits of our Corporate Pricing), Corporate Clients can Increase Production, Reduce Absenteeism & Employee turnover, and Optimise their Workforce.



Chiropractic &
Physiotherapy



float SPA



Massage



Mental
Wellbeing



Nutrition



Yoga
& Pilates

Additional Benefits...

- Introductory Team Lecture - *Health & Wellness in the Workplace.*
- Health & Wellness Survey (2x / year) = Productivity Data.
- Ergonomic Workstation Assessments (**20% Off**).
- Additional Health & Wellness Lectures / Workshops (**20% Off**).
- Corporate Rates - Selected Treatments & Services.

Join our growing number of Corporate Partners such as Carey Olsen, Estera Trust Ltd., PBS Group, Rosscot, Vistra... in the Corporate Wellness Revolution...!

www.the-wellness-centre.com



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