

Corporate Wellness That Fits You



People are the number one asset of almost every business. Corporate Wellness programs have been found to drive productivity, reduce absenteeism and improve morale – however we believe that not every organisation suits the same program.

You wouldn't give your most important clients an out-of-the box solution and neither do we. Below some of the broad categories of wellness solutions are outlined and you may see something that fits what you're after. For more information about any Health Place services, please contact us on 07 3852 2434 or email info@healthplace.com.au.

Side note:
Well done! All research is showing that Corporate Wellness programs increase employee satisfaction, productivity and attendance rates. There's heaps of research on this – let us know if you want some research reports on the topic.



You've decided that your people's health has become a priority. But what to do next?

Multi-faceted wellness program



Massage for your people



Custom designed program to meet your objectives and budget



You let us know what you'd like and we'll deliver



Seated massage at your office



Table massage at our clinic



Health Place will **meet** with you, **understand** your objectives, **survey** your people on a variety of criteria and develop a **custom made Wellness Program** for your company.

Your program will:

- Be designed to achieve your company's health and wellness goals in the fastest and most effective way possible.
- Will be created around your budget.
- Will be delivered by Australia's top health practitioners.
- Will be measured and evaluated to ensure objectives are being reached and a return on your investment is being seen at your organisation.

This is the approach suggested to corporations hoping to make the biggest difference to their people's health and achieve a measured return on investment.

We have a large variety of different health offerings. If you know what you're after for your people, feel free to pick and choose from our Corporate Wellness Menu.

Some of the services we can offer you include:

- Seated chair massage
- Table massage
- On-site Active Release
- Nutrition seminars
- Nutrition workshops
- Cooking displays
- People performance workshops
- Leadership workshops
- Time management workshops
- Personal training sessions
- And more.

Let us know what you have in mind and we will make it happen!

Seated chair massage is a favourite among our corporate clients!

- We come to your offices
- Massages can range from 10 minutes to 25 minutes
- Your people leave feeling great!

Seated chair massage is extremely convenient, and we supply you with sign-up sheets so your people know when their massage will be and your organisation can have minimal disruption.

We also offer a free trial where we will come to your offices and do 10 x 10 minute massages for your people – Warning though, they will love us and demand we come back!

Remedial massage can aid injury recovery, alleviate muscle and joint pain, improve joint mobility and flexibility, reduce stress and anxiety, prevent repetitive strain injuries, assist in the depression management and much more.

Massage treatments, performed in a clinic setting on a massage table yield great, and often immediate, results. And your staff will love coming to see us!

We can create a program whereby your company pays for all or just a percentage of your people's in-clinic treatments. Utilising our bulk-buy corporate offer, plus opting to fund a percentage of your people's treatments, sees large numbers of staff benefit for minimal investment. Employees can even claim rebates through their private health insurance!