2019 Worksite Wellness

We are happy to work with you to create a program that fits the unique needs of your organization.
Worksite wellness programs are a smart investment in the health and productivity of your employees. Comprehensive and committed worksite wellness programs have proven to lower health care and insurance costs, decrease absenteeism, improve productivity and realize a positive return on investment. Employees who lead healthier lifestyles and become more knowledgeable health care consumers, have a beneficial impact on your bottom line.

The Mindfulness Center can help your organization meet its health goals through comprehensive and customized programs. Many organizations including corporations, government agencies, schools and hospitals benefit from our services.

The Mindfulness Center will guide you through the process of selecting from a menu of wellness programs to create your own customized program fitting your organizational needs. We will then work with you to coordinate cost-effective events that your employees will enjoy!

The Mindfulness Center is non-profit organization dedicated to promoting optimal wellbeing for individuals and the community through charitable, educational, and research programs in mind-body practices.

Please Contact: Dr. Amanda Skowron, Amanda@TheMindfulnessCenter.org
www.TheMindfulnessCenter.org/tmclps/corporatewellness/
Worksite wellness classes in meditation, yoga, dance or tai chi are provided by a certified instructor at your work place. Weekly classes enable employees to develop a healthy lifestyle practice, release tension, and ultimately increase productivity. Classes are customized to meet the needs of your community and are appropriate for all levels of physical ability.

YOGA, MEDITATION

Wellness seminars are customized to meet your needs. Seminars may include PowerPoint, discussion, Q&A, and practice exercises. These comprehensive seminars address the sources, effects and solutions to stress through practical tools for healthy, balanced living.

Choice of topics include, but are not limited to:

- Work-Life Balance
- Practical Relaxation
- Stress Management
- Nutrition and Health
- Mindfulness

HEALTH FAIRS

Corporate health fairs provide valuable health information and services to employees. Armed with the information provided at health fairs, your employees can learn how to get and stay healthy. We customize each event to fit the needs of your community. You choose from an array of wellness demos, classes and information booths.

ACUPUNCTURE

Offered by a licensed acupuncturist in a group setting. Acupuncturist will practice “auricular” acupuncture, known for promoting relaxation and relieving stress. After treatment, participants generally report a greater sense of wellbeing, relaxation, clear-headedness, & improved energy.

STRESS
Useful in managing and reducing stress

WELLNESS
Includes information on specific health concerns

CUSTOM
Programs customized to your company’s needs.