

Corporate Services



Workplace Wellness™

At Pembroke Health & Wellbeing we can set up a range of Workplace Wellness™ programmes to suit both the size and needs of your company. The following is an example of what we can offer you:

- Group presentations on a range of health issues such as, heart disease, diabetes, hypertension, high cholesterol, stress-related disorders, digestive complaints, weight issues, age-related conditions, improving energy levels and sleep patterns, addressing hormonal imbalances, strengthening the immune system and many more.

These sessions are fun, interactive and informative. Employees will take away with them our workplace wellness packs full of practical tips on how to best manage and prevent chronic illness.

- ‘Healthy eating’ talks on a range of practical topics such as how to prepare quick and nutritious lunches, how to get the best out of your breakfast, snacking without sugar, learning how to correctly read and interpret food labels, and much more!

If you have a kitchen space or canteen area, we can provide live cookery demonstrations, the fruits of which can then be enjoyed by all your employees! All recipes available as handouts.

- On-site reflexology treatments for stressed staff. Full or mini treatments available. Reflexology is an excellent means of stress release. One small quiet room is all you need to provide – we bring the rest!
- One-to-one nutrition counselling for those with more specific needs. In-depth dietary and lifestyle analysis with full treatment plan provided and follow up consultation.

The benefits of workplace wellness™ for your company

- Increase employee motivation & morale
- Reduce employee stress
- Increase productivity
- Reduce absenteeism
- Decrease health care costs and sick days

Call us today and we will be happy to visit your premises to work out your specific needs. All our workplace wellness programmes are flexible and tailored to suit your company’s needs.

