



Bringing our wellness services to any business will have a positive effect on all employees and the business itself because... healthy and less-stressed employees are happier and produce a greater work output.

Bringing wellness to your workplace should be priority #1 of any company looking to compete at 100% - Increase efficiency and raise profits with a re-energized workforce.



Wellness In The Workplace =
 Healthy Employees =
 Healthy Business =
 Healthy Profits!



**Bring Wellness To Your
 Business Today!**



1-888-5BE-WELL
 (1-888-523-9355)

Wellness In The Workplace, LLC
 80 Orville Dr., Suite 250, Bohemia, NY 11716
 www.WellnessITW.com

“ We recharge your employees with our program, and super-charge your business with added energy and motivation. ”

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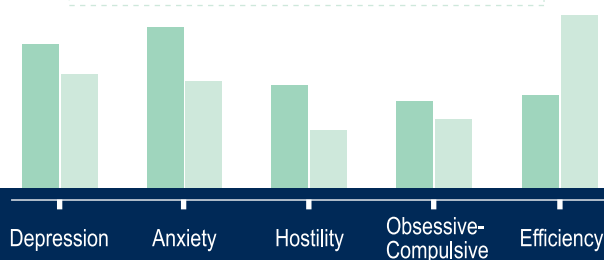
The Benefits of our Help Outweighs the Cost of A Wellness Program



Ask Yourself:

- ✿ Would increased efficiency and output improve your company's bottom line?
- ✿ Would more alert and better prepared employees benefit your company?
- ✿ Would your business benefit from a revived corporate culture teeming with energy?
- ✿ Would your business benefit from possible insurance reductions and government wellness program grant money?
- ✿ Would you like to grow your business while making the workday for everyone easier and more rewarding?
- ✿ If your answer is YES, then we can help!

Without Wellness With Wellness



Wellness Programs Drive Corporate Morale Upwards

Wellness Programs & Lectures

Wellness Staff:

Our company of professional lecturers includes medical doctors, registered nurses, social workers, hypnotists, physical therapists, yoga masters, acupuncturists, chiropractors, social workers, accountants and financial planners. Each lecture is accompanied with topic-related notes and gift-bags. Some of our popular topics include:



Sample Wellness Programs & Lectures:

- Diet & Weight Loss Programs
- Stress Management Programs
- "Body Language: The Perception It Creates"
- "Financial Planning For Your Future"
- "You Are What You Think"
- "Warning Signs of Serious Health Problems"
- "Learning To Cope"



"Very professional. Excellent class... make it LONGER!!! I learned a lot of new and important things in this class today... truly amazing and I didn't miss a word. Took lots of valuable notes."

Wellness Massage & Yoga



Wellness Massage & Yoga:

Each massage is performed by an experienced and licensed massage therapist. The treatment is administered in a semi-private area on the premises.

Chair Massage: The employee remains fully clothed and sits comfortably on a professional massage chair. Massage can be given in 10, 15 or 20 minute increments.

Table Massage: The employee lays on a professional massage table with fresh linens. Oils are used in this massage, and the massage can be for 30, 60 or 90 minutes.

Yoga: Basic yoga movements for well-being are taught by professionals.

Do more with what you have by tuning-up your corporate workforce's engine!

Achieve a State of Well-Being

| | |
|------------------------|----------------------|
| Physical Health | Mental Health |
| Fitness | Awareness |
| Nutrition | Improvement |
| Rest | Proper Choices |
| | Success |

"Learned how to chose food. Like everything about the class... it pretty much covered everything. Lots of great information."