



Programs under \$600 per month

Most companies understand the importance of providing wellness resources to their employees that would allow for a healthier work environment and also less financial strain on a company's healthcare costs, but with the economy the way it is most companies feel that they cannot afford to incorporate any type of Wellness program.

Our goal is to provide you with programs that are affordable and would allow for your organization to take baby steps and over the course of a year or two develop a very robust and effective program for your employees. Every one of our programs can be measured to ensure that you have a solid ROI, and that your employees satisfaction levels are always above satisfactory. One of the only ways your organization can minimize employee absenteeism, decrease your health care cost, and have your employees become healthier, is to put some form of a Wellness program in place.

We have listed all programs that can be implemented into your company very easily and all of these programs are below \$600 per month. This is a an affordable, and effective way to take "baby steps" towards developing a legitimate Wellness program that will deem a profitable ROI. *For every \$1 spent on Wellness you shall deem a \$4 ROI in reduced healthcare cost, and lost productivity.*

Here is a list of some of our most commonly requested programs for less than \$600 per month:

- Yoga sessions
- Corporate Chair massage
- Nutritional seminars
- Walking group
- Wellness seminars
- Lunch and Learn
- Vending machine consultations
- Desktop yoga
- Fitness behind the desk

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