



Holistic Approach to workplace wellness

- INDIVIDUAL ASSESSMENT OF HEALTH
- GROUP WORKSHOPS
- WEEKEND INTERACTIVE CLASSES
- LECTUURE /SEMINAR SERIES
- EXERCISE SERIES
- LEADERSHIP COACHING

- INDIVIDUAL AND GROUP EMPOWERMENT
- HEALTHY COOKING
- IN HOUSE WELLNESS CARE
- LIFESTYLE COACHING
- IN HOUSE PERSONAL TRAINING
- IN HOUSE MASSAGE
- IN HOUSE BENEFIT CONSULTING
- IN HOUSE FINANCIAL WELLNESS CONSULTING
- IN HOUSE HR SOLUTION
- HEALTH FAIR
- FITNESS CLASSES

CORPORATE WELLNESS (HOLISTIC HEALTH)

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Email: staff@holistic-health.com

We customize our program to fit your needs. Whether you are a small company or a big corporation we bring our expertise to help you reach your goals faster and easier.

Our services are unique and different from others since our expert team is ready to sit with you and identify your needs. We present the best program to help grow your company by empowering you and your employees.

In house wellness care, all in one place at your hand. Our program makes your work place complete. We bring the group workshops, training as well as health screening and wellness care to your work place.