

Employee Wellness Solutions Network



Employee Wellness Solutions Network works diligently to provide unique program designs that target the needs and interests of any organization. Employee Wellness Solutions Network gives any organization the necessary tools to enhance the wellness of their employees, one step at a time.

Employee Wellness Solutions Network designs its wellness programs on four very important and necessary components for a successful wellness program. Combining all four of these components provides the largest engagement with the employees. There are different learning styles and providing the opportunity to share information to support individual needs, to establish a healthy group culture, to engage via awareness programming and to adapt to various organizations through virtual programming, there is truly something for everybody.

All comprehensive programs include initiatives within the 4 components.

Individual Programming

- On-site Wellness Consulting
- Phone Consultations
- Personal Wellness Profile [PWP] - Individual Report
- Health Risk Assessment Corporate Reporting

Group Programming

- Group Exercise Classes
- On-Site Lunch n' Learns
- On-Site Workshops (4, 6 or 8 weeks)
- Staff/Wellness Days

Awareness Programming

- Awareness Campaigns and Challenges
- Awareness Kiosks
- Awareness and Point-of-Decision Posters
- Health Fairs

Virtual Programming

- Online Resource Centre
- Personal Solutions™ (wellness consultations via Skype, Phone or Webinar)
- Awareness Solutions™ (Monthly Newsletters/recipes/tips/facts via email campaigns)
- Challenge Yourself Solutions™ (Monthly Wellness Challenges)
- Virtual Lunch n' Learns and Workshops