



Employee Wellness Solutions Network

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Corporate Wellness

Customized wellness programs to meet
your company's needs and interests.

Employee Wellness Solutions Network works diligently to provide unique program designs that target the needs and interests of any organization. Our focus is taking programming, information and initiatives directly to the employees, thereby maximizing participation. This unique approach ensures that your program is reaching not only the people who are already interested in health, but also the people who need a program the most.

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 draws the largest employee engagement. Our approach addresses individual needs, establishes a healthy group culture, and enhances awareness across the workforce. Even for those with smaller satellite locations, our virtual programming ensures that there is truly something for everybody.

Individual Wellness Programming

- On-site Wellness Consultations
- Phone Consultations
- Personal Wellness Profiles – Individual Reports

Group & Awareness Wellness Programming

- On-site Lunch n' Learns / Seminars
- Group Exercise Classes
- Staff/Wellness Days & Health Fairs
- Awareness Campaigns and Challenges
- Awareness Poster, Kiosks and Newsletters

Virtual Wellness Programming

- Online Resource Centre
- Personal Solutions™(wellness consultations)
- Awareness Solutions™ (monthly wellness challenges)
- Virtual Lunch n' Learns and Workshops

Mental Health Programming

- Organizational Mental Health Needs Assessment
- Mental Health Leader/Management Training
- Customized Employee Training
- Awareness Materials



Employee Wellness
Solutions Network
Nutrition | Balanced Lifestyle | Fitness