Help your Workplace, Leaders and People feel happier, healthier and bounce back from stress and be more Energised.

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Feel Good. Function Well.

# **Wellness Made Simple**

- Corporate Massage
- Corporate Yoga
- Corporate Reflexology
- Corporate / Group Fitness Classes
- Workplace Meditation & Mindfulness

### We Come to You

We offer fully tailored Wellness Programs for your **Workplace** or **Event**.



# WORK PERKS By SFC

4/326 King Georges Road Beverly Hills NSW 2207 0411 126 906

info@sydneyfamilychiropractic.com sydneyfamilychiropractic.com

BETHE COMPANYTHAT GIVES

BACK WHEN OTHERS ARE

CUTTING BACK





# **CORPORATE MASSAGE**

Our team are fully qualified and insured therapists and have been handpicked specifically to provide you with the best health and wellbeing service available.

Our practitioners also have backgrounds in Sports and Exercise Science, Anatomy and Physiology, Nutrition and Personal Training.

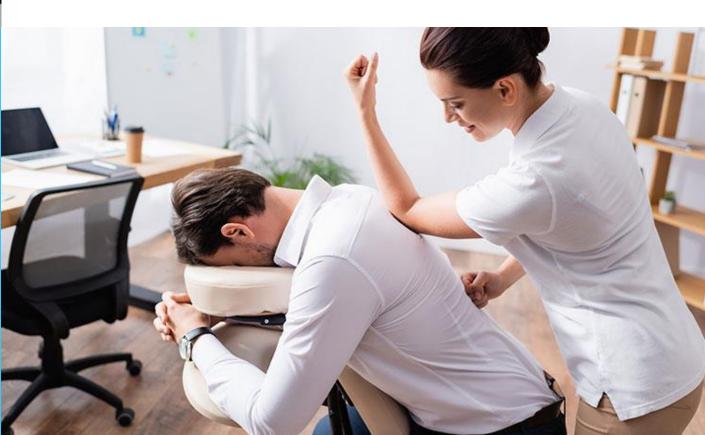
You set the Space, and we will provide the setting and expert hands.

#### Reasons why you should choose us!

- ✓ Professionally qualified
- √ Fully insured
- √ Tailored programs to suit your needs
- √ Competitive pricing
- ✓ Comprehensive online booking system

# Corporate Massage Services from \$120hr + GST

- Seated Massage
- \* Roving (at desk)
- Remedial / Sports Massage
- Executive Massage





## **CORPORATE YOGA**

Yoga classes are an excellent option for all workers to take some time for themselves away from the desk.

- √ Simple de-stressing breathing exercises.
- ✓ Physical yoga postures to release tension, relax, and improve flow of energy. Postures including flowing, seated and standing are tailored to the group's needs.
- ✓ Rest & relaxation practices to finish.

#### Yoga also has the following benefits:

- ✓ Increases core strength, tones and improves general flexibility.
- ✓ Reduces overall levels of stress which can result in such conditions as hypertension, heart disease, depression & anxiety. Improves mental clarity, therefore increases concentration & productivity.

# Corporate Yoga Services from \$190hr + **GST**

- Choose from 30 or 60 minute classes;
- Class sizes from 4-40 people can be accommodated.



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# Group Fitness Class from \$190hr + GST

- HIIT
- **CIRCUIT**
- MAT PILATES
- STRETCHING





# **GROUP FITNESS CLASSES**

Workplace exercise is an absolute win-win for both your team & your business. Having a healthier, happier, more productive & engaged team is obviously a great thing for your business.

Helping your team take less sick leave & manage stress better can only be a bonus for everyone.

#### Research shows that after exercising Employees:

- √ Work performance is consistently higher,
- √ Have better time management and;
- √ Improved mental sharpness

Exercise is shown to reduce stress, combat fatigue, improve performance and lead to fewer workday absences.

A natural stress reducer, exercise combats chronic stress often suffered by workers.



BE THE COMPANY
THAT GIVES BACK
WHEN OTHERS
ARE CUTTING
BACK.

• • • • • • •

## **WELLNESS MADE SIMPLE**

Our team of professional and certified health practitioners have been handpicked specifically to provide your company with the best health and well-being service available.

We can offer your company a simple and effective solution to improving health and reducing stress and fatigue in the workplace whilst increasing your productivity with our specially tailored corporate wellness programs.

# **CONTACT**

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