



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

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

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

HIGH FUNCTIONING TEAMS
PRODUCE SO MUCH MORE THAN
A GROUP OF INDIVIDUALS



**WORK PERKS
BY SFC**



A NEW ERA OF WORKPLACE
WELLBEING



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.





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.



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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