

Work.
Life.
Balance.

WHO WE ARE

Our company is specialized in corporate health promotion since 2007.

Our concept is effective, flexible, tailor made, concrete and focused on the latest trends and scientific research.

International companies have already trusted us and noticed an increased health awareness among their employees who have participated in our programs.

CONTACT US

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www.wellnessattitude.com/corporate

wellness
corporate®



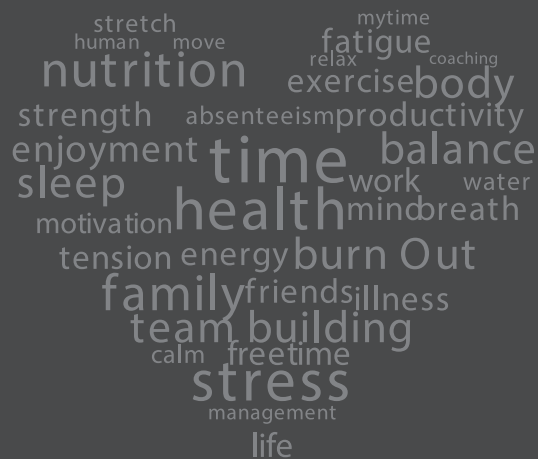
wellness
corporate®

Corporate Employee Health Solutions

CEHS

OUR MISSION

- Promote a healthy lifestyle
- Improve endurance, resulting in high job performance
- Increase motivation, concentration, memory and attention
- Decrease stress and absenteeism



OUR CONCEPT



Health Awareness

- Wellness Tests
- Lectures



Group Sessions

- Office Fitness
- Fitness Indoor
- Outdoor Workout



Personal Coaching



Mindfulness

- Meditation
- Yoga



Nutrition Coaching

- Workshops
- Lectures



Team Building

- Indoor
- Outdoor
- Extreme

OUR CLIENTS

