

CORPORATE BALANCE CONNECTION

Health and Wellness Solutions
for the Workplace



BALANCE

Corporate Balance Connection is a workplace wellness program that promotes healthy bodies and minds. Services can be provided onsite or online by our team of health and leadership professionals.

SERVICES

Health Assessments
Community Building Meetings & Activities
Incentives
Challenges
Educational Presentations
Health Coaching



BODY

Nutrition Guidance & Education
Hydration
Movement & Physical Activity



MIND

Mindfulness & Meditation
Emotional Health
Stress Management



CONNECT

Integrating technology and social networks to build community and support employees in reaching their health and wellness potential.

