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.

www.corporatebalanceconnection.com