

Corporate Wellbeing Events

3 Day Wellbeing Package



Day 1

Stress-Free! Seminar

A 1-hour workshop which explores Stress in modern living.

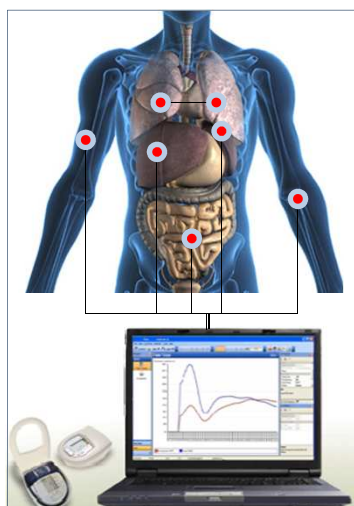
Where does stress come from? What is happening in the body and what are the health issues related to stress?

How can we fix the symptoms, integrate coping strategies into our lives and manage stress forever?

Cost:£375

10-50 people

We require a room large enough for those attending, with a screen & projector.



Day 2

How Old is Your Body?

One-to-one Biological Age Test* to determine if lifestyle choices have had an impact on chronological age. Is your body 10 years older than what it should be? How can you reverse the effects?

**We are London's first official Biological Age Testing centre using grade 2 medical equipment usually used in a hospital setting.*

The test is accurate and is a powerful tool to motivate people to make that all important step to turn their lives around.

Cost:£25 per person

We require a pre-booked schedule for 10 (minimum) to 26 (maximum) people with appointment times every 20 minutes in a small private room with internet/wireless access.

Day 3

Calm: Relaxation Therapy

Reduce stress instantly, lower blood pressure, harmonise airflow, improve confidence, improve cognition & decision making.

The 30-minute one-to-one experience combines a number of therapies, designed to maximize each individual's response and effect .

Light, sound and voice make the experience multi-sensory allowing a deeper level of relaxation. You simply lay back, close your eyes and enjoy.



Cost:£25 per person

We require a pre-booked schedule for 10 (minimum) to 15 (maximum) people with appointment times every 30 minutes in a small private room.

Bookings: Catherine@profile-health.com

www.profile-health.com