



We deliver Wellbeing  
Solutions to restore  
and protect the mind  
and body



FEEL WELL  
THINK WELL  
SLEEP WELL  
EAT WELL



# ESCAPE EVERYDAY PRESSURES WITH "A MOMENT IN TIME"



Welcome to Hälsa Wellbeing.

We deliver Health and Wellbeing Solutions to restore and protect the mind and body. We have categorised these services into 4 key areas: Feel Well, Think Well, Sleep Well, Eat Well.

Our 'less is more' approach is designed not to make Wellbeing a time consuming task but to provide individuals with more energy, to be more efficient and to get more from their professional and personal lives.

We focus on changing and controlling what you can rather than things you can't, allowing our clients to escape everyday pressures and have 'a moment in time'.

Our main services are detailed here in our brochure. We also provide bespoke solutions, so if something is not detailed here, please do let us know and we can work with you to come up with the best Wellbeing Solutions for your Organisation.



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## REMOTE SERVICES

## ON-SITE

POSTURAL AWARENESS

STRETCHING & RELAXATION FOR OFFICE WORKERS

MOVEMENT CLASSES

HIIT WORKOUTS

PERSONAL TRAINING

WOMEN'S HEALTH

MEN'S HEALTH

BLOOD PRESSURE AWARE

YOGA

REFLEXOLOGY FOR PERIOD PAIN

ENERGISING MORNING FACIAL MASSAGE

MELT AWAY STRESS

HEADACHE RELEASE

SELF-CARE FOR CARERS

ON-SITE MASSAGE & THERAPIES

YOGA (INCLUDING CHAIR YOGA)

EXERCISE (HIIT/RESISTANCE/PERSONAL TRAINING)

PILATES

“

THANK YOU SO MUCH -  
WHAT A LOVELY WAY TO  
SPEND MY LUNCH. VERY  
USEFUL AND GREAT  
TEACHING

”

# FEEL WELL



## REMOTE AND ON-SITE SERVICES

MINDFULNESS

STRESS & RESILIENCE

BREATHWORK

MENTAL/EMOTIONAL HEALTH AWARE

BUILD SELF BELIEF SESSION

MANAGING BURNOUT PROGRAMME

COMPASSIONATE YOU

WORKING AT HOME

MANAGING DIGITAL BURNOUT

HEALTHY HABITS

MANAGING YOUR THOUGHTS

ONE TO ONE COACHING

TALKING THERAPIES

WORKING AND PARENTING

FINDING CALM IN STRESSFUL SITUATIONS

“

KNOWING THAT WHEN I  
PUT MY MIND TO IT I CAN  
MAKE A DIFFERENCE AND  
THE SMALL DIFFERENCES  
ADD UP.

”

THINK WELL





## REMOTE SERVICES

SLEEP SESSION

SLEEP FOR SHIFTWORKERS

REFLEXOLOGY FOR SLEEP

## ON-SITE

SLEEP WORKSHOPS

INFORMATION STANDS ON SLEEP

SHIFTWORKER ASSESSMENTS

“

IT IS ESTIMATED THAT £40  
BILLION IS LOST EACH YEAR  
BY THE BRITISH ECONOMY  
DUE TO SLEEP  
DEPRIVATION.

”

# SLEEP WELL

## REMOTE SERVICES

## ON-SITE

**LIFESTYLES TODAY ARE BUSY AND STRESSFUL. IT CAN BE DIFFICULT TO KEEP HEALTHY HABITS AND IT IS EASY TO NEGLECT THE IMPORTANCE OF LOOKING AFTER OURSELVES AND MAKING GOOD FOOD CHOICES.**

**EAT WELL**

EATING WELL AT WORK AND ON SHIFT PATTERNS

HOW TO PLAN WELL AT HOME AND FEED YOUR FAMILY

CULTURAL COOKING & THE LINK TO WELLBEING

IMMUNE SYSTEM SUPPORT FOR WINTER

WINTER HYDRATION TO SUPPORT THE IMMUNE SYSTEM & AID SLEEP

SPRING HYDRATION

NUTRITION & MENTAL HEALTH

EMOTIONAL EATING

ENERGY MANAGEMENT THROUGH NUTRITION AND HABIT CHANGE

NUTRITION WORKSHOPS/DEMOS

NUTRITION STANDS/NOURISHMENT HUBS

HYDRATION STANDS



# SOMETHING DIFFERENT

CONNECTION/SINGING SESSION

FINANCIAL WELLBEING

SENSIBLE DRINKING

LIVE CHATS

PRIDE & LGBT HISTORY

LGBT INCLUSION

SUPPORTING LGBT PEOPLE IN YOUR  
WORKPLACE

GRIEF SUPPORT

INVEST IN YOURSELF - IMPROVE YOUR  
WORKING DAY!

MANAGING STRESS & BUILDING RESILIENCE

ANY OF OUR REMOTE  
WEBINARS CAN BE  
DELIVERED ON-SITE

## Wellbeing Kits

Our Kits are a great way to support your staff in a really different way.

These kits make a great addition to Conferences, Wellbeing Programmes or just as gift to show your appreciation to your employees.

Each kit is designed personally for your organisation, branded in your company colours and logo.

