

THINKING WELL

FEELING WELL

SLEEPING WELL

EATING WELL

**MOVING &
KEEPING WELL**

Workplace Wellbeing that connects: People, Health and Safety



WE HELP YOU TO:

- **Improve Employee Wellbeing**
- **Encourage healthier behaviours**
- **Complement any existing occupational health provision**
- **Address specific workforce needs**
- **Help your Employees remain well and perform well**



Welcome to Hälsa Wellbeing.

We work with HR, People Managers, Health and Safety and Occupational Health Leaders.

As your strategic wellbeing partner, we support you to implement bespoke Wellbeing Plans.

We have vast experience in linking health and safety and associated wellbeing needs, supporting you to keep your staff well at work.



WHAT WE CAN DELIVER



- ✓ **EDUCATION**
Webinars, Workshops, Wellbeing Days, Wellbeing Calendar Campaigns
- ✓ **HEALTH AND PREVENTION**
Health Testing, Women's Health, Men's Health, Menopause
- ✓ **INDIVIDUAL WELLBEING**
On-site Massage/Complementary Therapies, targeted Musculoskeletal (MSK) support
- ✓ **STRATEGIC SUPPORT**
HR & Wellbeing/Health & Safety Consultancy

WHY US?

We will work in partnership with you or your Health and Wellbeing Team

We are bespoke - we tailor services to suit your needs

We are a trusted provider - we have worked with many of our clients for over 10 years

WHAT OUR CLIENTS SAY

We recently had the pleasure of hosting Emma and Charlotte from Hälsa for a workplace wellbeing day, and I can honestly say it was a fantastic experience from start to finish. Emma and Charlotte were welcoming and engaging and the event was well-structured, all delivered with real professionalism and enthusiasm. They created a relaxed and inclusive atmosphere that encouraged everyone to take part, and the feedback from our team has been overwhelmingly positive. It's clear that a lot of thought and care goes into what they do, and the impact on our staff has been genuinely meaningful. Many colleagues have shared how valuable they found the day and have already taken away practical tools they can use going forward. I wouldn't hesitate to recommend them to any organisation looking to support employee wellbeing. A truly worthwhile and enjoyable experience.

Thank you Debbie and the MHT Team

Debbie Inglett, Head of Human Resources, MHT Technology Ltd.



**CONTACT US FOR MORE
INFORMATION OR TO ARRANGE
A FREE, NO OBLIGATION
MEETING TO DISCUSS YOUR
PLANS AND STRATEGY**



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BESPOKE: STRATEGIC: EXPERIENCED

