



IRIS WELLNESS

healthy organizations begin with healthy people

Iris Wellness
66 Lakeview Avenue
Toronto, Ontario
M6J 3B3

(416) 531-9355

or visit our website at www.iriswellness.com



inspire

EMPOWER EMPLOYEES WITH TOOLS TO MAKE HEALTHIER LIFE CHOICES.

Stress levels are rapidly increasing among Canadian workers. Costs related to stress related illness across Canada have increased 200% in the last 5 years. (Human Resources Development Canada, 2002)



Health Promotion Events

- Lunch & Learns

Sample Topics

- Managing Risks of RSI
- Yoga and Stress Relief
- Relaxation and Meditation
- Recharging Personal Energy
- Healthy Eating on the Go
- Juicing for Health
- Work Life Balancing

- Meetings – add a healthy twist: energy boost (10 minutes to 1 hour)

Nutrition Education and Action Planning

- Weight management
- Nutrition assessments
- Healthy Eating Fairs
- IRIS WellNews - weekly virtual health tips

On-Site Physical Programs

- Yoga, Pilates, Tai Chi, Walking, Stretching, Belly Dancing

Personalized 'Take Home' Program

- Assessment, goal setting and personal plan
- Yoga, Weight/Strength Training, Pilates, Walk/Run

Wellness Fairs

- Sound bytes and sampling in nutrition, massage, healing therapies

Incentive Programs

- Creative and playful ways to encourage and reward participation



Health Canada reports a return of \$3.40 on each corporate dollar invested in wellness initiatives. The return is in the form of reduced turnover, productivity gains and decreased medical claims. (Health Canada)



rejuvenate

PROVIDE PROGRAMS THAT ENERGIZE INDIVIDUALS
AND RELIEVE PHYSICAL AND MENTAL STRESS.

Repetitive Strain (RSI) Management Program

- Repetitive strain disorder education, body awareness and retraining in these at risk areas: lower back, head, neck, shoulder, wrist, hands, knees, feet

Stress Management

- Stress Map® - quick self-assessment & action planning tool
- Breathing and relaxation - workshops and coaching
- Flex Time – tension relieving stretches at the workstation

Massage Therapy

- Thai, Shiatsu, Reflexology, Seated
- Workplace treatments – 5 to 30 minutes

Health & Safety Sessions

- Interactive, educational health promoting presentations

Sample Topics

- Injury Prevention
- Healthy Spine
- Feet First
- Posture Perfect
- Fighting Fatigue
- Healthy Heart

Demystifying Alternative Therapies

- Traditional Chinese Medicine
- Homeopathy, Naturopathy
- Acupuncture
- Ayurveda



integrate

FACILITATE THE CREATION OF A WORKPLACE
INFRASTRUCTURE THAT ENABLES INDIVIDUALS TO
SUSTAIN A HEALTHY WAY OF LIFE.

"[The wellness program] works! It affects the bottom line of the business in a positive way and greatly enhances loyalty among employees." (Team member, Vancouver International Airport Authority)

Business Case & Strategy Development

- Workplace Health Audit
- Employee Health Interest Surveys
- Wellness Program Planning
- Cost Benefit Analysis
- Health Performance Measurement
- Workstation Ergonomic Assessment

Rejuvenation Space Creation

- Oasis room and/or exercise room

Healthy Workplace Made Easy

- Water service
- Healthy tea stations
- Healthy snack service & delivery
- Organic foods – "bin-to-business"

Work Life Balancing

- Educational and empowering workshops

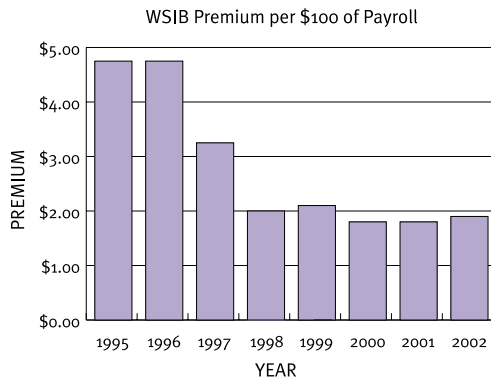


strengthen

HEALTHY ORGANIZATIONS BEGIN WITH HEALTHY PEOPLE.



Source: Case Study, Canadian Labour & Business Centre, 2001-2002



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