



Health

Bringing wellbeing to life at your business

WELLBEING EVENTS

Whether you're launching a new wellness initiative, kickstarting a wellbeing week or encouraging your employees to take charge of their health, there's no better way to get the show on the road than with an in-house event.

Book today to kickstart better health

It's the difference between sending an email and making a call.

Communications such as emails and posters can only do so much. Giving people the chance to ask questions and put their pre-conceptions to the test at an in-person event can make better wellbeing attainable and spark real success.

Choose from our range of wellbeing events to bring wellbeing to life at your business.

“Fostering employee wellbeing is good for people and the organisation. Promoting wellbeing can help prevent stress and create positive working environments where individuals and organisations can thrive.”

CIPD, WELLBEING AT WORK, 2020



Health

Onsite massage treatments

WELLBEING EVENT

Help your people unwind at work

When your employees are giving their all to a day's work, a treatment which targets those areas that hold the most stress and tension can be a real benefit.

Massaging the neck, head, arms, shoulders and back can help people relax and unwind. It can ease headaches and make people feel better in body and mind.

We can arrange for a qualified therapist to support your teams with above-clothes massages according

to your requirements. You can book one day a week for a period, less frequent visits, or a single day, for example to support a wellbeing event.

Whatever you choose, you'll be showing your employees that you're committed to their physical and mental wellbeing. And to helping them take 'me time' when they need to.

Next, contact your account manager for more information.

Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

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PLUS



DURATION

15 minutes per massage



NO. OF PEOPLE

1 person per appointment, up to 24 appointments a day



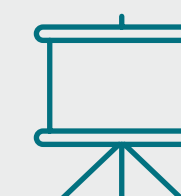
IDEAL FOR

everyone



HOSTED BY

New Leaf Health



ROOM NEEDS

in an open part of your building or in a private room



Health

Wellbeing roadshow

WELLBEING EVENT

A multi-topic marketplace tailored to you

Let our experts create a wellbeing roadshow that really kickstarts your health and wellbeing programme. Interactivity is the name of the game, with subject zones covering different topics in detail.

Employees spend around 30 to 45 minutes at each zone. With a range of topics to choose from, there's something to suit all objectives.

We'll work with you to choose the best ones for your programme, in line with your wellbeing objectives.

Wellbeing roadshows work best when you use them to complement a large onsite initiative such as our Know Your Numbers day or other health assessments.

Topics can include:

- healthy eating and weight management
- stress and pressure
- muscle, bone and joint care
- men's health
- women's health
- physical health.

[See sample zones](#)

PLUS



DURATION
1 day, 10.00am to 4.30pm



NO. OF PEOPLE
up to 96 attendees (3 practitioners)
up to 144 attendees (4 practitioners)
up to 192 attendees (5 practitioners)



IDEAL FOR
everyone



HOSTED BY
New Leaf Health




ROOM NEEDS
Large enough to cater for the zones and attendees with access to electricity¹


Choose the zones for your wellbeing roadshow:

HEALTHY-EATING ZONE


- Weight management
- Nutrition, long-term health risks
- Personal food diary
- Waist-circumference testing
- Food labelling
- Portion control
- Group discussion

STRESS & PRESSURE ZONE


- Bio Dots
- Personality type activity
- Signs and symptoms of stress
- Effective coping (incl. EAP promotion)
- Stress and lifestyle behaviours
- Goal setting, resilience questionnaire

MUSCULOSKELETAL ZONE


- Muscle, bone and joint care
- Core stability assessment
- Postural review
- 'Lift technique' model
- Spine education session
- Top tips for postural improvement

MEN'S HEALTH ZONE

- Prominent cancers explained
- UK screening programmes
- Lifestyle factors that can reduce the risk of some cancers
- Self-examination techniques
- Referral process

WOMEN'S HEALTH ZONE

- Prominent cancers explained
- UK screening programmes
- Lifestyle factors that can reduce the risk of some cancers
- Self-examination techniques
- Referral process

PHYSICAL HEALTH ZONE

- Physical activity review
- Benefits of activity
- Activity readiness questionnaire
- Mini-activity session, strength test
- Activity and lifestyle discussion
- Activity programme and goal-setting

MASSAGE AREA

Speak to our team for new additions

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¹We recommend a communal area such as a large breakout area. Parking is needed for the event vehicle.
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Looking to bring wellbeing to life at your organisation?
For more about our wellbeing events and creating a truly
tailored health improvement programme for your business,
contact your AXA Health account manager or one of our
wellbeing consultants.

Call 0141 245 4010
or email wellbeing@axahealth.co.uk

Discover more about our wellbeing services for your
business at axahealth.co.uk/EmployeeWellbeing

