



# STATERA Workplace Wellness Solutions

**Workplace Wellness Solutions** at Statera offers a wide variety of options to bring mind, body and spirit health and wellness to your workplace. Explore our menu of options below, all designed specifically to meet your organization's unique needs, goals and budget. Options may be available at Statera, virtually or on-site at your place of business.

**For more information on any of the services below or scheduling options, please contact Nicole Hutchison at [nhutchison@stateraintegrated.com](mailto:nhutchison@stateraintegrated.com) or 563-207-8932.**

## **One-Hour Health & Wellness Educational Sessions**

Our multidisciplinary team of professionals offer one-hour educational sessions that can be scheduled at your convenience Monday through Saturday. Select from our list of popular topics or let us design something specifically for you.

## **Fitness, Yoga and Personal Training Options**

Build your team's health and wellness with fitness or yoga programming! Our highly trained professionals can be scheduled for private, semi-private or small group classes for men and women of all ages. Modifications can be made to accommodate for any ability level.

## **Coaching and Counseling**

Our coaches and counselors offer one-on-one appointments or small group educational programming to support health and wellness, mind, body and spirit. Contact us about current programming options or let us design something specifically for you.

- Life Purpose & Wellness Coaching
- Integrative Nutrition Coaching
- Mental Health Counseling
- Ayurveda Health Counseling
- Behavioral Health Nurse Practitioner

## **On-Site Chair Massage**

Treat your team to on-site chair massages. This is an opportunity to show appreciation for your team or to celebrate special occasions or accomplishments. Sessions are typically 20-minutes each and are perfect for relaxation, stress reduction, and decreased tension.

## **Half-Day or Full-Day Retreats**

We are able to offer customized half-day or full-day retreats including key-note speakers, small group breakout sessions, and active learning opportunities. Retreats can focus more on education and learning, on relaxation and healing, or a combination of the two.

## **Comprehensive Wellness Programming**

Comprehensive wellness programming brings together more in-depth care for your team members and could include medical evaluations, biometric testing, and any combination of other available services and classes.

## **Business Membership Packages**

Business membership packages can be customized to offer discounted appointments and classes to your team members for select services including Acupuncture, Reflexology, Massage, Life and Health Coaching, as well as fitness, yoga, and nutrition. Memberships may also include discounts on retail merchandise.

## **Ergonomic Evaluations**

Ergonomic evaluations can provide insight for employers to promote improved health and safety in the workplace. Taking into consideration posture, body mechanics, and workstation setup, recommendations can be made to help identify risk, reduce injury, and improve comfort and satisfaction for your team.

## **Lactation Consultations**

Providing a lactation support program in your workplace for new moms can lower absenteeism, reduce turnover, improve productivity, and raise employee morale and loyalty to the company. Our Lactation Consultant is available to assist HR in meeting current federal and state laws regarding breastfeeding and pumping.