

## Onsite Medical Testing

- ❖ Eye Screening (Free)
- ❖ Hearing Tests (Free)
- ❖ Dental Screening (Free)
- ❖ Dental Hygienist
- ❖ Drug & Alcohol Testing
- ❖ Flu Vaccinations
- ❖ Neurobion
- ❖ Vitamin B Shots
- ❖ Cancer Screening
- ❖ Cancer Testing
- ❖ Prostrate Testing
- ❖ Mole Mapping
- ❖ Sure Touch Breast Exam
- ❖ HPV Testing
- ❖ STD Testing
- ❖ HIV Testing & Screening
- ❖ TB Testing & Screening
- ❖ Readiness Assessment
- ❖ Biometric Testing that covers Cholesterol, Glucose, BP & BMI
- ❖ Cholesterol Testing
- ❖ Blood-Pressure Testing
- ❖ Back & Posture Screening
- ❖ Glucose Testing
- ❖ Gluten Testing
- ❖ Hepatitis B Testing
- ❖ Hepatitis A Testing
- ❖ Mobile X-Rays
- ❖ Mobile Mammogram

## Holistic Offerings

- ❖ Meditation
- ❖ Reflexology
- ❖ Acupuncture
- ❖ Dietitian
- ❖ Nutritionist
- ❖ Homeopath
- ❖ Touch Therapy
- ❖ Reiki
- ❖ Biokinetics
- ❖ Hyperbaric Chamber
- ❖ Electro-Muscle Stimulation Stall
- ❖ Health & Wellness Stalls
- ❖ Iridology
- ❖ Live Blood Analysis
- ❖ Live Blood Type Testing
- ❖ Mobile Hair Salon
- ❖ Mobile Nail Salon
- ❖ Image Consultant
- ❖ Make Up Consultant
- ❖ Smoothie Station
- ❖ Frozen Yogurt Station
- ❖ Fresh Yogurt Station
- ❖ Massage Therapists
- ❖ Dry Needling
- ❖ Skin Analysis
- ❖ Goodie Bags
- ❖ Soup-in-a-Cup
- ❖ Chiropractor
- ❖ Dermatologist

## Physical Testing

- ❖ Body Fat Percentage Testing
- ❖ Complete Body Composition Testing
- ❖ Core & Strength Assessments
- ❖ Flexibility Tests
- ❖ Fitness Challenges
- ❖ Agility Course
- ❖ Biggest Loser Competition
- ❖ Fun Run
- ❖ Diet Tips & Full Eating Plans Individual
- ❖ Personalized Exercise Routines for Each Individual
- ❖ Full Fitness Testing
- ❖ Core
- ❖ Stability
- ❖ Strength
- ❖ Flexibility

## Group Training

- ❖ Zumba
- ❖ Pilates
- ❖ Yoga
- ❖ Boot Camp
- ❖ Crosstrain
- ❖ Kick-Boxing
- ❖ Aerobics
- ❖ Self Defence
- ❖ Stress & Meditation
- ❖ Fit Dance
- ❖ Martial Arts
- ❖ Personal Training
- ❖ Core Strength
- ❖ Burning Abs
- ❖ Bums & Tums
- ❖ Lean to Mean
- ❖ Hiit
- ❖ Arms & Legs

## Fun Days & Team Building

- ❖ Inflatables
- ❖ Wall Climbing
- ❖ Podium Knock-Offs
- ❖ Mechanical Bull
- ❖ Zen Garden Creation
- ❖ Interactive Aromatherapy Stall
- ❖ Virtual Reality Games
- ❖ Tug-O-War
- ❖ Balloon Games
- ❖ Ball Games
- ❖ Health Eating Kitchen
- ❖ Arcade Stalls
- ❖ Karaoke
- ❖ Big Twister
- ❖ Mini Soccer
- ❖ Big Glove Boxing
- ❖ Gladiator Rings
- ❖ Trampoline Bungee
- ❖ MasterChef Style Competitions
- ❖ So You Think You Can Dance Competition
- ❖ Amazing Race
- ❖ Team Sports
- ❖ Go-Karting
- ❖ Paintball
- ❖ Strut Your Stuff Modelling Competition
- ❖ Therapeutic Crafts
- ❖ Fire Walking
- ❖ Daring Tasks
- ❖ Fire Dancing
- ❖ Snake Petting Zoo

## Workshops

- ❖ Laughter
- ❖ Healthy Eating
- ❖ Sexual Health
- ❖ Stress & Meditation
- ❖ Drug & Addiction
- ❖ Stress & Burn-Out
- ❖ Resilience Training
- ❖ Importance of Fitness
- ❖ Mental Well-Being
- ❖ Social Brand Ambassador
- ❖ Nutritional Awareness
- ❖ Health & Well-Being
- ❖ Team Building
- ❖ Financial Responsibility
- ❖ HIV & STD Awareness
- ❖ Ladies Wellness
- ❖ Mental Health
- ❖ Hypnosis
- ❖ Smoke Cessation
- ❖ Image Sense
- ❖ Trauma
- ❖ Depression
- ❖ Anger Management
- ❖ Confidence
- ❖ Leadership
- ❖ Total Lifestyle Changes
- ❖ Diversity
- ❖ Enhancing Productivity
- ❖ Increasing Engagement
- ❖ Concentration & Time Management
- ❖ Mindfulness
- ❖ Awareness
- ❖ Emotional Intelligence
- ❖ Bringing Balance Back
- ❖ Colour Me Happy
- ❖ Preventing the Flu
- ❖ Good Health Habits

## Accredited Courses

- ❖ Emotional Intelligence & Assertiveness (2 days)
- ❖ Effective Time & Stress Management (2 days)
- ❖ Effective Reading for Business (Speed Reading) (2 days)
- ❖ Effective Writing for Business (2 days)
- ❖ Successful Presentations for Business (2 days)
- ❖ Effective Conflict Resolution (2 days)
- ❖ Business Life Skills (Workplace Readiness) (3 days)
- ❖ Successful Selling for Business (2 days)
- ❖ Customer Service (2 days)
- ❖ Telephone Excellence (2 days)
- ❖ Problem-Solving (a morning workshop)
- ❖ Persuasion (a morning workshop)

## Monthly Services

- ❖ Gym Set-Up & Management
- ❖ Change Management
- ❖ Primary Health Care
- ❖ Psychosocial Services
- ❖ One-on-One Debriefings
- ❖ Fitness Classes
- ❖ Virtual Reality Training
- ❖ Virtual Reality Employee Readiness
- ❖ Virtual Reality Health & Safety
- ❖ Employee Assistance Program
- ❖ Drug Testing & Maintenance
- ❖ Lifestyle Transformation
- ❖ Healthy You Workshops (over a period of 6 months)
- ❖ Mental Well-Being (over a period of 6 months)
- ❖ Financial Well-Being (over a period of 6 months)
- ❖ Team Building Solutions
- ❖ Engagement Transformation
- ❖ Managerial Training
- ❖ Canteen Management
- ❖ Absenteeism Management