

# Employee Wellness

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**According to the U.S. Bureau of Labour and Industries, companies who emphasize wellness in the workplace have more productive, creative and less stressed employees. “REFLEXOLOGY2GO’ workshops and mobile wellness services helps improve absenteeism. All workshops are CUSTOMIZED.**

## TECHNIQUES

- Carpal Tunnel Therapies
- Mobility Dexterity Therapies
- Foot and Hand Anatomy
- Reflex Points
- “Five Minute Stress Buster”
- Arthritis and Circulation Therapies



## BENEFITS

- Reduce Absenteeism and Stress
- Increase Productivity and Performance
- Increase Energy And Stamina
- Restore Body Balance and Equilibrium
- Prevent Or Reduce Injuries