



# Diabetes Prevention

**Length:** 3-12 month Programs

**Delivery modes:** A combination of Onsite Presentations, Webinars, Pre-recorded tutorials, 1-1 Health Coaching, & Fitness Classes.

**Details:** This is a bespoke wellbeing program, tailored to mitigate the health risk factors affecting individuals. Programs are designed using evidence-based nutrition guidelines, physical therapy, and lifestyle modification practices.

Using a combination of services, we provide sessions for engaging evidence-based wellbeing programs, that empower individuals to self manage their health, and support their journey to optimum wellness.

WORKBLISS provides a comprehensive portfolio of services to improve lifestyle choices. Participants can:

- Reduce sedentary behaviour with WORKBLISS Workouts
- Make informed consumption choices with Nutrition Workshops
- Improve lifestyle habits with Smoking Cessation Program and Health & Lifestyle Coaching – Group workshops & 1-1 sessions
- Lower blood pressure, and have fun along the way with some Creative Stress Relief & Mental Wellbeing Experiences.

Connect with WORKBLISS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing service, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*