



Heart Health At Work

Length: 1hr

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: This presentation highlights common workplace cultures and stressors that can negatively impact long term heart health – from stress, psycho-social risks and cultural norms such as birthday cake, drinks on Friday and office treats, to sedentary lifestyles, work overload and bad leadership.

Coping strategies and solutions are shared to improve self-management, and reduce susceptibility to workplace-related risks.

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be construed 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.