



Smoking Cessation Initiatives

Length: 6 - 15 months

Delivery modes: A combination of onsite presentations, online coaching, nutrition workshops, fitness classes and goal setting sessions.

Details: This bespoke service combines multiple health practices, to create a holistic program that encourages self-management and nurtures discipline.

This smoking cessation program uses a complementary health approach to design a program that emphasizes self-management, physical detox, and discipline.

This creative and organic approach is evidence-based, encompassing:

- Mindfulness based interventions
- Tai Chi
- The Smoothie Sessions Physical Detox & Nutrition Therapy
- WORKBLISS Workouts Physical Therapy
- Self Massage Training Techniques
- 1-1 Health Coaching
- CBT & Group therapy

This is a bespoke package, designed to with your company culture, mission and aspirations. Therefore, we advise you connect with WORKBLISS to discuss requirements - 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.