



Wellness Day Services Selection Form

1. Medical & Preventative Health

- ☐ Flu Vaccinations
 - ☐ Blood Pressure Checks
 - ☐ Cholesterol Screening
 - ☐ Blood Glucose Testing
 - ☐ HIV Awareness & Voluntary Testing
 - ☐ Eye Tests / Vision Screening
 - ☐ Hearing Tests
 - ☐ Body Mass Index (BMI) & Body Composition Analysis
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2. Physical Therapy & Pain Relief

- ☐ Physiotherapy Consultations
 - ☐ Chiropractic Treatments
 - ☐ Massage Therapy (Neck, Back, Full Body)
 - ☐ Reflexology
 - ☐ Body Stress Release Therapy
 - ☐ Sports Massage / Recovery Massage
 - ☐ Myofascial Release
 - ☐ Acupuncture / Dry Needling
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3. Holistic & Alternative Therapies

- ☐ Aromatherapy
 - ☐ Homeopathy Consultations
 - ☐ Reiki Energy Healing
 - ☐ Sound Therapy / Sound Bath Sessions
 - ☐ Crystal Healing
 - ☐ Traditional Chinese Medicine Consultations
 - ☐ Herbal Medicine Consultations
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4. Mental Health & Emotional Wellbeing

- ☐ One-on-One Counselling Sessions

- ☐ Group Mental Health Talks
 - ☐ Stress Management Workshops
 - ☐ Burnout Prevention Sessions
 - ☐ Mindfulness & Meditation Classes
 - ☐ Employee Assistance Programme (EAP) Introduction
 - ☐ Trauma & Resilience Coaching
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5. Nutrition & Lifestyle

- ☐ Nutritionist / Dietitian Consultations
 - ☐ Healthy Eating & Cooking Demonstrations
 - ☐ Weight Management Advice
 - ☐ Hydration & Energy Balance Talks
 - ☐ Gut Health Education
 - ☐ Meal Planning for Busy Professionals
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6. Movement & Fitness

- ☐ Yoga Classes (Beginner / Intermediate)
- ☐ Pilates Sessions
- ☐ Zumba / Dance Fitness
- ☐ Workplace Stretching Sessions
- ☐ Functional Movement Assessments

- ☐ Fitness Challenges / Step Count Competitions
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7. Corporate Culture & Engagement

- ☐ Team Building Activities
- ☐ Leadership Resilience Workshops
- ☐ Workplace Ergonomics Assessments
- ☐ Work-Life Balance Seminars
- ☐ Positive Psychology & Motivation Talks