Unity Wellness Group offers effective, integrated wellness programs that help you reduce the negative health effects of stress on your employees, optimize their health and productivity and lower your overall healthcare costs. Enlightened organizations understand that a healthy, happy workforce translates to engaged employees and a business culture that thrives.

Helping You Build A Successful Work Culture From The Inside Out

Unity’s programs range from learning lunches that provide easy-to-employ tips on how to avoid stress at work to four-to-six week courses in Mindfulness-Based Stress-Reduction (MBSR). Our yoga and meditation based programs translate the teachings and techniques of deep breathing (pranayama), meditation and yoga asana (postures) through seasoned, certified teachers who specialize in stress reduction and disease management.

We also provide Cognitive Enhancement and Thought Leadership Programs that use mindfulness and meditation to optimize IQ and brain function and help your employees work and manage more skillfully. Our Pain and Health Management Programs help employees minimize symptoms associated with chronic pain and illness – they are also powerful savings tools for the prevention of common and costly repetitive strain injuries such as carpal tunnel. All our programs can be customized for your work population based on health risk assessment data. We deploy tools to automate the enrollment process for you.

Visit us online at www.unitywellnessgroup.com to see what programs meet your worksite goals and interests.

Benefits Of Mind-Body Wellness Programs In The Workplace

Mind-body wellness programs are becoming very popular in the workplace - and for good reason. Considerable research has proven that these types of practices are effective therapies for many common clinical conditions. Mind-body wellness programs:

- Improved concentration, brain function and creativity
- Increased job performance, morale and employee retention
- Decreased stress, anxiety, depression and chronic pain
- Increased energy levels and better sleep patterns
- Decrease in absenteeism, presenteeism and overall healthcare costs

What Stress Costs You

Stress costs companies billions of dollars in medical costs, disability claims and productivity losses. As a result, Stress Reduction Wellness Programs are a critical investment for many successful companies. Unity has a variety of stress-reducing programs to choose from based on budget, goals and employee interests. Our Stress Reduction Intervention Promotion allows you to try out multiple programs simultaneously at a discount along with other program perks, like a free Stress Less Learning Lunch and trial membership to our online classes. Our stress reducing mind-body programs are designed to have a lasting effect on your employees’ health while reducing your health care costs.

Programs You Need And Your Employees Want

Research shows that stress reducing mind-body wellness programs rank among the most popular programs with employees today. It’s not uncommon for stressed individuals to feel immediate benefits from Unity’s programs. As the breath deepens and muscles loosen, years of tension and stress are released from the body. Then, the mind begins to quiet and a newfound sense of clarity, awareness and peace arrives. With continued practice, employees learn to reeducate the brain on how to view and handle stress differently. Weekly on site classes and streaming video class options help reinforce and change behavior long term while optimizing overall health.

Stress Reduction Programs

Reduce stress! Transform and enhance physical, mental and emotional health while bringing mind, body and spirit back into balance. Programs include:

- Stress Less Health Events
- Stress Less Seminar or Learning Lunch
- Stress Less with Yoga Seminar
- Weekly Yoga Classes
- Stress Less with Meditation Seminar
- Weekly Meditation Classes
- Desktop Yoga Seminar
- Desktop Yoga Online Subscription
- Mindfulness-Based-Stress Reduction

Cognitive Enhancement And Thought Leadership Programs

Learn to be present! Live and work more skillfully while modifying reactionary behaviors. Learn practices that calm the mind and enhance creativity, mental clarity and leadership intuition. Programs include:

- Mindfulness for Leaders Seminar
- Mindful Meditation for Cognitive Enhancement, Productivity and Creativity Seminar

Pain And Health Management Programs

Help restore your body’s natural healing power! Learn practices that increase energy and quality of sleep while reducing stress, illness and pain. Programs can be customized to address specific health challenges and include:

- Sleep Better. Work Better.
- Desktop Yoga for Back Pain
- Desktop Yoga for Shoulder and Neck Pain
- Yoga and Meditation for Chronic Pain
- Ergonomic Workstation Evaluation
- Repetitive Strain Injury Prevention For Desk Jockeys Seminar
- Mindful Nutrition

Unity Mind-Body Wellness Programs At-A-Glance