

Corporate Wellbeing Solutions



Make 2010 a perfect 10 with your new year SOLUTION to health and wellbeing. Bookings being taken for 26 and 52 week schedules. Contact us to secure your workplace. It's easy to be Greentree!



In her Sydney clinic, Greentree Wellbeing founder *Nicole Greentree* discovered many of her clients were presenting with similar conditions.

"Shoulder, neck and back pain, along with headaches and stress are the most common symptoms. More often than not, these are attributed to long hours in front of a computer and extra pressures at work"

A professional therapist who begun her practice in 2004 with a signature ethos on empathy, empowerment, relaxation and rejuvenation, Nicole saw a genuine need for bringing her unique services to the corporate environment.

Studies have proven that a well-balanced workplace health program creates empowerment, increases productivity and is essential in reducing stress and work related leave.

Businesses who implement a wellness program benefit from increased motivation, less time away from the office, higher concentration and productivity and create an environment that is energetic and promotes success. A healthy office is a happy office and by using Greentree as your wellness partner you are engaging passionate, and qualified therapists who have been personally selected for their skills and ability to deliver the Greentree service and "tranquillity."

The Greentree on site massage programs are based on a minimum booking of 3 hours not minimum numbers and can be tailored to suit your requirements. Understanding that those who are booking the service are fore mostly looking after staff, Nicole has ensured that the person booking is rewarded with a bonus 15minute massage.

"As a business owner and mum to an adventurous 1-year-old boy, I appreciate the need to refocus, relax and rejuvenate to perform at my best! Businesses are contacting us for onsite massage for team rewards, regular activity to prevent absenteeism and injury as well changing a long lunch for a massage. There is a misconception that onsite massage is cost and time prohibitive, and difficult to arrange. Greentree Corporate Wellbeing is efficient and our therapists offer a 360-degree service to deliver you a relaxing haven all without leaving your workplace."

In today's environment Greentree Corporate Wellbeing services is the secret weapon in providing you and your staff with optimal health tips, massage and yoga.

Discover the Greentree difference, go Greentree before your competition does!

Relax • Rejuvenate • Empower

Escape the stress and be your best with Greentree Onsite Massage and Yoga



Founded by Nicole Greentree (BHSoc. (Acup), Cert.III (Fit), Cert. (Facial Rejuv. Acup), ACA) and is developed specifically to offer preventive solutions in alleviating injury and stress in the workplace.

Our onsite massage and yoga is ideal for

- Reenergizing corporate events, exhibitions and functions
- Rewarding staff and refocusing on achieving goals
- Regular participation in scheduled activity as part of your company's health and wellbeing policy

Greentree therapists are qualified and passionate in providing clients a personalised program based on your workplace needs, not booking numbers *

Special Offer for Corporate Wellness Readers

We appreciate that you look after your business so let us look after you. **Save \$150** on your next 3-session massage program and **\$120 off** your 8-week yoga program. (valid until Feb 1st 2010)

* Based on a three hour onsite session

Discover Greentree Corporate Wellbeing before your competition does

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