



The Health and Wellness Hub



**Do you suffer from Stress, Anxiety, Neck or Back pain?
If the answer is yes, we can offer the answer!**

Our Fully Trained Holistic Therapists will come to your workplace and can offer you a 20 or 30 minute Treatment of your choice.

You can choose from:-

A Head/Neck & Shoulders Massage

A Foot Massage

A Hand Massage

An Indian Head Massage

Reiki treatment.



If you are interested, please contact us:-

info@thehealthandwellnesshub.org.uk

Tel: 07903265627

ABOUT US

The Health and Wellness Hub are a registered charity (No SCO45454) and were established in January 2012 due to a recognised gap between exclusion and access to services within North Lanarkshire.

We provide a variety of weekly health improvement and wellbeing services, supports and activities that help address people's physical and emotional health and wellbeing needs. We break down existing barriers to participation such as financial hardship, health issues or other disadvantage that may normally prevent people from participating in mainstream activities.

Our services are tailored so there are no barriers to participating, this allows people to address their emotional and physical health and wellbeing needs and lead as fulfilled a life as possible.

Our funding comes from a variety of sources including external funders, donations from people and organisations and income generation from our products and services, meaning we can run weekly community based health projects in a variety of areas that are classed as being highly deprived.

Participants have advised us that our services have become an invaluable asset to them for their continued good health and social wellbeing.

At The Health and Wellness Hub, we strive to bring our services to as many people as possible and this includes offering our services to organisations who have an ethos within their own workplace around health and wellbeing and wish to invest in their staff's health, morale and personal and professional development. The beauty of buying in our services are you not only get a quality service but the margin allows us to reinvest in our charitable aims and objectives and are not a gain for directors or shareholders which means we can continue offering a service to those who need it most.

Our practitioners are highly experienced professionals and have excellent track records of helping others address their health and wellbeing needs. They are fully insured and have been PVG Disclosure checked too.

This is an example of some of what we can offer, however; if you have a particular need, please let us know.

<u>Activities</u>	<u>Holistic Therapies</u>	<u>Training Programmes</u>
<ul style="list-style-type: none">• Yoga• Seated Yoga• Laughter Yoga• T'ai Chi• General Keep Fit• Relaxation sessions	<ul style="list-style-type: none">• Indian Head Massage• Foot Massage• Reiki• Head, Neck & Shoulders Massage• Hand Massage	<ul style="list-style-type: none">• Disability -Autism Specific (covers sensory Processing, Communication & Challenging Behaviour)• Scottish Mental Health First Aid• First Aid at work and refresher course• Personal Development programmes (can include self-leadership, effective communication, conflict management, confidence, self-esteem, goal setting etc)

If you would be interested in offering your staff individualised or group sessions, then please contact us either through our website www.thehealthandwellnesshub.org.uk or by email info@thehealthandwellnesshub.org.uk