



Wellness Services

Thoughtfully customized, conveniently delivered.

When someone on your team is in pain it can look like less focus & less engagement, and comes at a high cost to your office culture & bottom line. Let us boost your benefits and infuse your next office event with a healthy dose of wellness. As Doctors of Physical Therapy and Certified Ergonomists, our medical expertise allows us to prevent potential injuries, while our realistic & holistic approach empower your team to stay painfree and productive.

⇒⇒ Work From Anywhere Workshop

Bring your office together and learn how to feel comfortable and confident working from anywhere! In our signature 45 min workshop, learn how to set up your workstation and tips for staying healthy and avoiding pain. Includes stretching, handout, and Q&A.

⇒⇒ Ergonomic Desk Consult

One-on-one sessions to help your team with their specific work needs. 20 min session covers evaluation of office set up, custom workstation adjustment & posture advice, product recommendations, referrals, and injury prevention guidance.

⇒⇒ Rise & Stretch

Take a breather from your desk and get up and moving with this casual & fun 15 min interactive stretching session. We target muscles that tend to get cranky from computer work to keep you feeling loose and energized to tackle your todo list.

⇒⇒ Physical Therapy

As Doctors of Physical Therapy we're perfectly positioned to provide treatment onsite. These private meetings give every member of your team the space to talk about health concerns and prevent possible injuries. Sessions can include education, treatment, recommendations for exercises and habit creation to alleviate or prevent pain.

⇒⇒ Wellness Hour: Body Talk Series

Head to toe talks on how to address and avoid injury, one body part at a time. Book all 12 to stop soreness and encourage engagement, or focus on your most frequent frustrations. Thorough, relevant, approachable, includes movement & ebook.

All of our services are available virtually or in office. Prices listed above are for virtual services. In office services are priced transparently based on half or full day booking.

Every company is different. We believe every wellness program should be, too. Let us help you create a custom package based on your teams needs. Please reach out so we can learn more!





Additional Wellness Support

Wellness Program Consulting

➤➤ Ergonomic Policy Assessment

We'll evaluate your company's health culture and work together to develop company policy & programming to help you build the perfect wellness program!

➤➤ Education Material

Create a wellness library with content created just for your office. We'll work with you to design and execute written & digital material for internal use.

➤➤ Ergonomics Shop

Curated list of ergonomic equipment recommendations based on your company budget.

Executive Medicine

➤➤ Executive Health Support

Perform your best with our comprehensive high touch care. Great for those limited on time, we work around your schedule to ensure you achieve quality AND convenience.

➤➤ Executive Health Membership

Get treated anytime, anywhere by your own private doctor. Routine bodywork, VIP scheduling, regular check ins, top tier referrals...medical support at your fingertips!

➤➤ Executive Health Family Membership

Take care of your whole family by having a doctor on call. Includes monthly checkins, VIP scheduling, 24 hour on call support, top tier referrals for those you love most.

Special Events

➤➤ Team Offsites, Corporate Retreats, Company Events

Infuse your next event with a dose of wellness! We are available to teach or talk on ergonomics, injury prevention, wellness, female entrepreneurship, motherhood, & more!

