



Zeitgeist
Wellness Group®

“Healthy Employees, Healthy Profits”

ON-SITE MASSAGE • FITNESS & NUTRITION • SMOKING CESSATION • HEALTH ASSESSMENT • WELLNESS SEMINARS • FIRST AID & CPR

EMPLOYEE ASSISTANCE PROGRAM

Easy to build Wellness Programs keep your employees and your profits fit!

Zeitgeist Wellness Group designs EAP services that add wellness benefits for your employees without the burden of the rising cost of insurance. Here are easy steps to get started.

MANAGER & ADMINISTRATOR TRAINING	Learn how to achieve optimal success from a well-designed Employee Assistance Program	BUILD A SUCCESSFUL PROGRAM TO PROMOTE CORPORATE HEALTH...
FITNESS ASSESSMENTS & CONSULTATION	Personal consultation and fitness training with a licensed professional	
ON-SITE MASSAGE	10-15 minute massage sessions increase productivity by relieving stress in the neck, back, and shoulders	
BEHAVIORAL COUNSELING	Individual or group counseling for employees overwhelmed by work/life issues	
NUTRITIONAL ASSESSMENT & CONSULTATION	Learn how to eat healthy: • dietary analysis • lunch & learns • cooking demonstrations • seminars • e-newsletters	
EMERGENCY BEHAVIORAL HEALTH/ FIRST RESPONSE TEAM	• 24-48 hour emergency response • One-on-One Counseling • 1-866-344-5517 • After hours: 210-725-0580	
		In-house or Off-site Starter Sessions

“Every dollar invested in corporate health promotion could mean a savings of between \$3.50 and nearly \$6 through reduced absenteeism, higher productivity, and fewer health care related costs.” Texas Coalition for Worksite Wellness

Call 210-271-7411

Zeitgeist Wellness Group

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