

# Workplace Wellness

————— Holly Peyton-Smith - Acupuncture & Naturopathy —————



Group Acupuncture

Educational Workshops

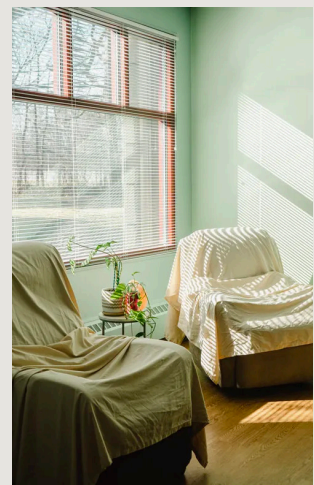
Acupuncture & Naturopathy  
115 Victoria Rd, Northcote  
[www.hollypeytonsmith.com](http://www.hollypeytonsmith.com)  
[@hollyps.nat.acu](mailto:@hollyps.nat.acu)

Pain conditions  
Mental Health  
Digestion  
Hormones

# Bringing practical health strategies to the community

Allow us to cultivate a culture of health, wellness, and inclusivity in your workplace. Our corporate services are here to help you elevate your workplace environment with educational and hands-on services. The adaptable offerings we create encourage more engagement within your staff and improve the overall stress level of the workplace.

All we need is to find a peaceful spot, away from phones, tasks, and meetings, and allow your staff to sit back and take in a treatment or interactive offering. On-site rates begin at \$500.



## Acupuncture

Stress management treatments such as acupuncture, cupping, and gua sha improve resilience, creativity, and productivity for your team.

## Interactive engagement

Various interactive movement and self-care sessions will help to reduce stiffness, fatigue, and brain fog, and improve energy & clarity within the work day.

## Education

Tailored workshops on nutrition, healthy lifestyle habits, and seasonal wellness according to the Chinese classics.

# Connect with us

## 1. Get in touch

---

Reach out to Holly, the business owner via email at [hollyps@gmail.com](mailto:hollyps@gmail.com)



## 2. Tailor a package

Let's discuss a unique workplace wellness offering that best suits your business, employees, and budget

## 3. Set a date

Plan a start date. Whether it's a one off visit or a more regular offering, we're here to make a plan that best fits your community.