

## Assessments

These individual appointments combine measurement of a selection of healthy living key performance indicators with a consultation to advise on what to do with the assessment numbers and how to design an effective plan for everyday healthy living.

## Clinics

You choose the time and the place and we'll send in a crack team of our healthy living experts to provide individual consultations and treatments for your staff.

You can choose from a single expert on site for a day or half day, or you can design a more comprehensive wellbeing event including any combination of topics.

So whether your focus is healthy eating, health assessments, sleep clinics, resilience coaching, injury prevention, mindfulness or massage, pick your topics and we'll do the rest.

Call 020 8995 1302 or email [info@the-tonic.com](mailto:info@the-tonic.com) today to book a workshop for your colleagues