



a holistic acupuncture center on the main line  
6 Waterloo Ave. Berwyn, PA 19312 [VillageWellness.net](http://VillageWellness.net) (610) 203-3747

## Wellness in the Workplace

Let Us Add More Value to Your Culture of Wellness

Growing company culture & moral  
Increasing productivity, engagement & satisfaction  
Decreasing human resource and healthcare costs

### THE IMPACT OF STRESS

42% of employees leave or change jobs due to **stress** ([Forbes](#))

up to **80%** of doctor visits are stress related ([NIH](#))

**87%** of employees are not passionate about their jobs ([Deloitte's](#))

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end of the work-day reports: ([ALS](#))

62% have neck pain

44% stress-out eyes

38% hurting hands

34% difficulty sleeping

### WELLNESS IN THE WORKPLACE

According to a nationwide survey of acupuncture users by Claire M. Cassidy, Ph.D.

**91.5%** reported "disappearance" or "improvement" of symptoms after acupuncture treatment.

**84%** said they see their MDs less.

**79%** said they use fewer prescription drugs.

**70%** of those to whom surgery had been recommended said they avoided it.

A whopping **95.4%** of patients suffering from stress-related emotional disorders improve using acupuncture ([British Acupuncture Council](#))

# Holistic Medicine includes

We bring the following services to you

Acupuncture  
Massage & Reiki  
Mindfulness Training  
Stress Reduction Training  
Yoga & Meditation Classes

## Employee/Employer Results

LESS

Lower stress  
Less pain & aches  
Less headaches

MORE

Greater work-life balance  
Increased immunity  
Increased energy & motivation  
Higher quality of life  
Better sleep

## The bottom line

Increased Productivity  
Improved Retention  
Less Sick Days  
Improved Morale  
Increased Job Satisfaction  
Lowered Healthcare Costs

Employees with high overall “well-being” have **62%** lower health-related costs compared with employees who are suffering. ([Gallup](#))

## Sample Packages

*Packages typically run weekly for 12 weeks however we do offer special, one-time events as well.*

**Group Acupuncture**  
\$500 per 2 hr session  
includes up to 12 people

**Private Acupuncture**  
\$250/hr (\$500 minimum)

**Chair Massage**  
\$250/hr (\$500 minimum)  
*typically 20 minutes per person*

**Private Massage**  
\$250/hr (\$500 minimum)

**Mindfulness & Stress Reduction Training**

**Guided private/group Mindfulness Meditation**  
\$250/30 minute session

**Mindfulness & Stress Reduction Trainings**  
\$150/person per 2 hours (minimum \$750)

*We offer payment plans that include insurance coverage and FSA options to employers and employees*

contact

## Get Started

(610) 203-3747

[VillageWellness.net](http://VillageWellness.net)

[BeWell@VillageWellness.net](mailto:BeWell@VillageWellness.net)

## Main Office

Village Wellness  
6 Waterloo Avenue  
Berwyn, PA 19312

*We are Fully Licensed & Insured*