



**LIVEWELL**

**WELLNESS  
CATALOGUE**

**2021**

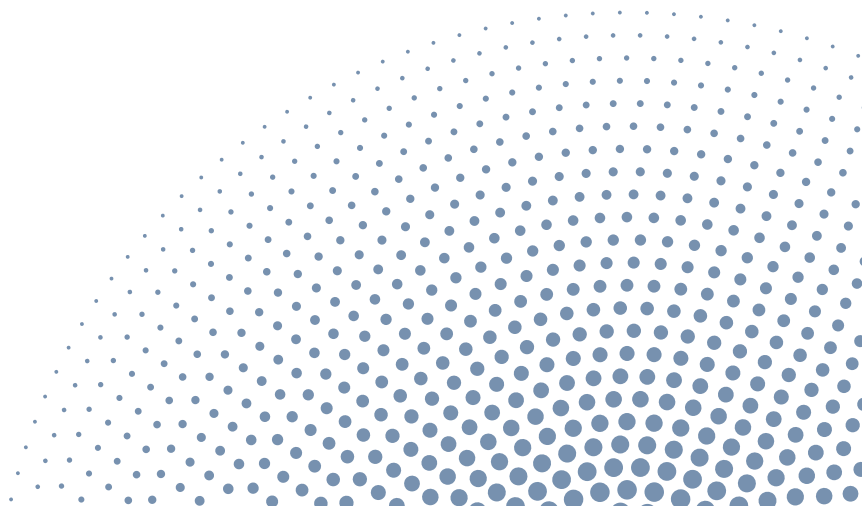


**WORKPLACE OPTIONS**

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Welcome to Workplace Options (WPO) menu of wellness solutions.

Why are companies eager to implement wellness services and programs? Employees spend most of their waking hours at work, so what better place to encourage healthy lifestyles and then benefit from the results? We know that unhealthy behaviors lead to the health risks responsible for chronic disease, which lead to higher health claims.

WPO's wellness services are designed to provide employees with a collection of resources and support to encourage healthy lifestyles, resulting in a healthy, more productive workplace.

Noncommunicable diseases (NCDs), also known as chronic diseases, are not passed from person to person. They are of long duration and generally slow progression. The four main types of noncommunicable diseases are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructed pulmonary disease and asthma) and diabetes.

Higher health risks equal less productivity. Unscheduled absenteeism due to personal and family illnesses costs the nation's employers hundreds of thousands of dollars each year in lost revenue, not to mention the climbing costs of insuring employees with health issues. Our wellness services motivate employees to make lifestyle changes that are positive for their well-being, as well as for your organization's bottom line.

## The bottom line:

Healthier and  
more  
productive  
employees





# NUTRITION AND EXERCISE TRAINING



## HEALTHY EATING ON THE RUN

How to be “healthy in a hurry” – nutritious choices for busy people and tips for healthier eating-out choices.

### Learning Objectives

- Employees will improve awareness of how current unhealthy food choices and time management issues impact their lifestyle.
- They will have the resources to plan ahead and develop strategies to prevent unhealthy eating practices.

### Content Outline

- The issues of obesity in society
- Identify the different ingredients in food that affect us
- Good fat versus bad fat
- Choosing and preparing healthy food
- Additional resources to assist employees in developing a plan for healthy eating

## "THE DUBAI STONE"

What is the reason behind the high levels of obesity and weight gain when transitioning to a new country or work practice, and what can we do about it?

### Learning Objectives

- Employees will have developed an understanding of how weight gain can happen when transitioning to a new work/living environment (lifestyle changed, culture, less exercise, different diet)
- Will learn strategies to prevent such weight gain and implement healthier eating habits.
- Will be able to incorporate healthier lifestyle choices for those already experiencing the “Dubai Stone”.

### Content Outline

- What is it? Rite of passage or preventable?
- Eating and drinking habits
- Heat and Weight Management
- The “Weight in Gold” Campaign
- Intrinsic Motivation & Lifestyle Management



# CARDIOVASCULAR DISEASE TRAINING

## THE ATLAS OF HEART DISEASE AND STROKE

Designed to discuss the wide range of issues relating to heart disease, including types of cardiovascular disease (CVD), risk factors (such as high blood pressure, high cholesterol, physical inactivity, obesity), and the burden of economic costs of heart diseases.

### Learning Objectives

- Employees will learn about the different types of CVD, be able to identify risk factors for CVD, and learn how these contribute to high disease rates.

### Content Outline

- What is cardiovascular disease, and how is it caused?
- Types of CVD
- Who is at risk and why?



## HEART SMART: FAT, CHOLESTEROL AND HEART DISEASE

Solutions for Heart Health: Participants learn how to improve heart health through good nutrition; they can find out the best oils to use for optimal health, clear up confusion surrounding farmed fish, and learn about an array of cholesterol-lowering foods and food products.

### Learning Objective

- Employees will understand the causes and risks of coronary heart disease.
- Employees will have an excellent understanding of optimum heart health nutrition.
- Employees will understand how cholesterol impacts heart health and what foods have the most impact on cholesterol levels.

### Content Outline

- The causes of coronary heart disease
- The risk factors for coronary heart disease
- The role cholesterol plays in the development of coronary heart disease
- The characteristics of fatty acids



# CARDIOVASCULAR DISEASE TRAINING (CONTINUED)

## HEART DISEASE: PREVENTION IS THE KEY

Looking at the several ways you can help reduce your risk of developing coronary heart disease, such as lowering blood pressure and cholesterol levels, exercise, stopping smoking, moderating consumption of alcohol, and eating a balanced diet.

### Learning Objectives

- Employees will have an excellent understanding of heart disease and its causes.
- They will understand what risk factors can be changed to improve and prevent chances of developing heart-related issues.
- They will have strategies that can be implemented immediately to start making changes.

### Content Outline

- What is heart disease and its causes?
- Unchangeable risk factors
- Changeable risk factors
- Prevention of heart disease

# RESPIRATORY DISORDER TRAINING



## RISK FACTORS FOR CHRONIC RESPIRATORY DISEASE

Designed to look at the causes and consequences of chronic respiratory disease (CRD) and discuss preventative measures.

### Learning Objectives

- Employees will develop a unique insight into the various types of CRD.
- They will be able to identify the signs and symptoms of CRD.
- They will be able to develop strategies to prevent onset and manage respiratory issues.

### Content Outline

- What is CRD?
- Risk factors—tobacco use, secondhand smoke
- Indoor air pollution
- Management of CRD

## ASTHMA & AIR POLLUTION

Designed to look at the causes and impact of air pollution and takes a look at what causes asthma.

### Learning Objectives

- Employees attending this seminar will have a fundamental understanding about asthma and its causes
- Employees will learn how to manage their condition and what lifestyle changes they can make to lessen its impact in their day-to-day lives.

### Content Outline

- Asthma and its causes
- Allergens and immune systems
- Asthma and city life—its challenges
- Indoors and Outdoors—how to manage asthma through lifestyle changes



# RESPIRATORY DISORDER TRAINING (CONTINUED)

## CHRONIC RESPIRATORY DISEASE: IDENTIFY AND MANAGE BEFORE IT'S TOO LATE!

Gives employee an overview of several chronic respiratory diseases (CRDs), their symptoms, and how to manage them.

### Learning Objectives

Employees attending this seminar will leave with a new awareness of the impact and burden of CRDs, how they are caused, and what strategies they can use to best manage their symptoms.

### Content Outline

- The burden of chronic respiratory disease in and its impact
- Types of CRD and their causes
- Management of CRD







# MATERNITY TRAINING

## SWELTERING FOR TWO: HOW TO BEAT THE HEAT IN PREGNANCY

Discusses how overheating can lead to complications during pregnancy—This session will help identify symptoms of overheating, additional precautions to take, and how to stay cool, especially in the desert summer.

### Learning Objectives

- Employees will understand the signs and symptoms of overheating in pregnancy.
- They will also develop strategies to help keep cool and beat the heat.

### Content Outline

- Pregnancy and overheating
- Signs that someone is getting too hot
- Effects of excessive heat and child development
- Dehydration and heat exhaustion
- Cooling foods and drinks
- Think ahead!-strategies to beat the heat

## AIR POLLUTION AND PREGNANCY

Discusses what causes air pollution, how air pollution can affect pregnancy, and how a woman can protect herself from air pollution during pregnancy. Also employees who suffer from a current respiratory disorder and are pregnant would benefit from this seminar.

### Learning Objectives

- Employees will receive training on the different types of air pollutants that can affect pregnancy.
- They will learn how to manage their own respiratory issues while being pregnant.
- They will learn strategies to prevent against air pollution and reduce the impact on the unborn child.

### Content Outline

- Types of air pollution—indoor and outdoor
- Air pollution and fetal growth—carbon monoxide and child development
- Respiratory disorders and pregnancy
- Plan head—Precautionary measures to reduce risk from air pollution

# MATERNITY TRAINING (CONTINUED)



## YOUR DIABETES: BEFORE AND DURING PREGNANCY

Teaches employees about the different types of diabetes and how they can affect both mother and unborn child—Suitable for current diabetics and mothers who develop diabetes in pregnancy, it will show just how to manage diabetes during preconception, right through pregnancy and beyond.

### Learning Objectives

- Employees will have an excellent understanding of the different types of diabetes and their impact on pregnancy.
- Employees will learn about risk management and lifestyle management of the condition.

### Content Outline

- Type 1, Type 2 and gestational diabetes
- Diabetes and preconception.
- Being diabetic and having a baby—What are the risks for mother and baby?
- How to manage your diabetes during pregnancy



# HEALTHY BACK TRAINING



## POSTURAL RESTRUCTURING

Identify and correct poor posture—for life.

### Learning Objectives

Employees will learn how posture affects back pain and how to implement correct posture for prevention of lower back issues.

### Content Outline

- Posture and back pain—an anatomical guide to correct posture
- Proactive Postural Restructuring (PPR) —what is it?
- Assess your own posture
- Reeducate and reorganize your postural muscle

## BUILD A BETTER BACK

This seminar allows employees to learn about the prevention and treatment of back pain.

### Learning Objectives

Employees will learn how posture affects back pain and what exercises are most effective in prevention of lower back issues.

### Content Outline

- Back muscles and lower back pain
- Posture and ergonomics
- Lower back pain exercises
- Stretching and movement for sedentary employees





# HEALTHY BACK TRAINING (CONTINUED)

## WORKPLACE WORKOUT

This seminar is designed to help employees reassess a sedentary workplace and what impact that can have on their health and well-being. They will be introduced to a range of simple exercises to prevent aches and pains at work.

### Learning Objectives

- Employees will learn how sitting and an inactive working environment can impact their health.
- They will be able to assess their own day-to-day practices and start incorporating simple exercises into their working day.

### Content Outline

- Sedentary lifestyle—what are the risks?
- How sedentary is your work environment?
- How to get more active at work
- Workplace exercises to start today!





# CANCER AWARENESS TRAINING

## OUR FIGHT AGAINST BREAST CANCER

Learn about the causes, detection, prevention and living with breast cancer.

### Learning Objectives

- Employees will receive an overview on what breast cancer is, how it is caused, and its prevalence
- They will also be equipped with information on it prevention, as well as management, should they become diagnosed with breast cancer.
- Employees will learn about its various treatment options, what side affects can occur, and what supports are available.

### Content Outline

- What is breast cancer and how is it caused?
- Prevention—self exam and screening
- Treatment for breast cancer—what you can expect
- What supports are available for breast cancer sufferers

## CANCER: LIVING WITH TREATMENT

This seminar discusses how to manage the side effects of cancer treatment.

### Learning Objectives

- Employees will develop an understanding of the various types of cancer treatment i
- They will know what the side effects are and how to best to manage them.
- They will become aware of the various local resources available to help them with their condition.

### Content Outline

- Types of cancer treatments
- What are the side effects?
- Dealing with side effects
- Coping with cancer



# CANCER AWARENESS TRAINING (CONTINUED)

## WEAT TO LIVE: NUTRITION STRATEGIES TO REDUCE CANCER RISK

This seminar helps employees learn how the foods they eat play a role in certain cancers and what they can do to help lower their risk.

### Learning Objectives

Employees will have an in-depth knowledge on how different types of food have positive and negative effects on cancer risk.

### Content Outline

- Nutrition and its role in cancer prevention
- Food additives, safety, and organic food
- Potential cancer-causing foods
- The role of major nutrients in cancer prevention
- Meal planning for the whole family





# TOBACCO CESSATION TRAINING

## BREATH FREE: AN INTRODUCTION TO EFFECTIVE TOBACCO CESSATION TECHNIQUES

This follow-up training builds on learnings through “Smoke Free for Life,” with a focus on how to implement a quit plan and prevent relapse.

### Learning Objectives

Participants will learn about the physical and psychological addiction to nicotine and successful strategies to quit smoking.

### Content Outline

- Quit Day
- Withdrawal
- Relapse prevention
- Creating your support system
- Quitting and staying quit—looking ahead

## RISMOKE FREE FOR LIFE

This seminar helps employees understand the common facts about tobacco use and the various health risks associated with it, reviews common triggers, and provides a step-by-step plan to stop smoking.

### Learning Objectives

Employees will learn the risks associated with a variety of tobacco products and begin to develop a plan to quit.

### Content Outline

- Facts about smoking
- Nicotine addiction
- Deciding to quit smoking
- Preparing for Quit Day





# DIABETES TRAINING

## DIABETES: IT'S NOT THE END OF THE WORLD!

Participants will learn about the causes, treatment, and prevention of diabetes.

### Learning Objectives

- Employees will have an excellent understanding of what diabetes is and what part it plays in the burden of disease.
- They will be aware of the various treatments and how best to manage them.
- They will learn how support from family and friends can help with treatment.

### Content Outline

- What is diabetes and its prevalence
- Diabetes-treatment options
- How to manage your own diabetes
- How your family and friends can help

## WHERE IS THE SUGAR

This seminar helps employees to define diabetes, identify sugar in everyday foods, and be aware of what constitutes high glucose levels and how to reduce those glucose levels through monitoring and dietary changes.

### Learning Objectives

Employees attending this seminar will develop an awareness of the use of hidden sugar in everyday foods, how this has an impact on diabetes in the region, and how to review current dietary habits to prevent high blood sugar levels.

### Content Outline

- Diabetes — culture, prevalence, and risk
- Sugar and diet
- Where is the sugar? Check your labels.
- What are normal blood sugar levels and how can you check them?
- Management of high blood sugar levels



# DIABETES TRAINING (CONTINUED)

## STAYING HEALTHY WITH DIABETES

Participants will learn core facts about diabetes, related chronic diseases, and how to manage diabetes by creating a healthy diet and lifestyle.

### Learning Objectives

Employees will have an excellent understanding of what diabetes is and how to live with and manage it.

### Content Outline

- What is diabetes?
- Types of diabetes
- Living and managing your diabetes
- Stress and diabetes
- Exercise and nutrition







# SLEEP, STRESS AND RESILIENCY TRAINING

## DISTRESS LESS: SLEEP, STRESS, FATIGUE!

This seminar explores the relationship between stress, sleep, and fatigue—how to improve sleep and stress management.

### Learning Objectives

- Employees will have insight into how stress impacts on healthy sleep patterns.
- They will learn how to improve their stress management techniques.
- They will become equipped with strategies to improve sleep issues.

### Content Outline

- Causes of stress
- Signs of stress
- Role of sleep and stress
- 10 tips for a better sleep

## CULTIVATING HEALTHY SLEEP HABITS

This seminar explores sleeping disorders and their risks, physical and psychological effects associated with sleep disturbances, and how to obtain better sleeping habits.

### Learning Objectives

- Employees will be able to identify what constitutes a sleeping disorder and how poor sleep impacts on daily life.
- The will learn techniques to develop a healthy sleep pattern.

### Content Outline

- Why sleep is so important
- Types of sleep
- Common sleep disruptors
- Sleep disorders
- Tips for better sleep



# SLEEP, STRESS AND RESILIENCY TRAINING (CONTINUED)



## STRESS SELF DEFENSE

The seminar explores using holistic methods to manage stress —such as meditation and yoga.

### Learning Objectives

- Employees will learn about the common causes of stress.
- They will be able to identify the signs of stress.
- They will learn relaxation techniques to combat stress.

### Content Outline

- Causes of stress
- Signs of stress
- Techniques for relaxation and dealing with stress:
  - o Situational relaxation
  - o Physical relaxation
  - o Mental relaxation
  - o The “magic formula”

## BUILDING RESILIENCY

This seminar explores the signs and symptoms of stress, the effects of stress on the mind and body, tips and strategies for building resiliency.

### Learning Objectives

- Employees will leave with in-depth knowledge of signs and symptoms of stress.
- They will become equipped with strategies to maximize resilience.

### Content Outline

- Understanding what stress is and how it affects individuals
- Determining best ways to cope with our feelings, questions, and concerns
- Identifying ways to change responses to stress through stress reduction techniques
- Becoming aware of available sources of support



# HEALTHY LIFESTYLE TOPICS



## MINDFULNESS: AUTOMATIC PILOT

Why we escape into daydream, making the mind-body connection.

### Learning Objectives

- Employees will learn to differentiate between daydreaming and mindfulness, and how both impact on creativity and awareness.
- They will learn techniques that will allow them to move between daydreaming and becoming more present.

### Content Outline

- Daydreaming versus mindfulness
- Mindful awareness and the mind-body connection
- Focus and concentration within mindfulness
- Let's practice

## MINDFULNESS: STAYING PRESENT

This seminar explores why we escape from being awake to life and how to cope with the unpleasant experiences of everyday life.

### Learning Objectives

Employees will learn how to implement daily mindfulness techniques to become more present and be better equipped to tackle times of stress.

### Content Outline

- Identifying the connections between mind and body—staying present
- Practicing the relaxation response
- Identifying how to recognize and manage stressful situations
- Recognizing the benefits of relaxing your mind and body







# HEALTHY LIFESTYLE TOPICS (CONTINUED)

## MINDFULNESS: STAYING PRESENT

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- Focus and concentration within mindfulness
- Let's practice



# HEALTHY LIFESTYLE TOPICS (CONTINUED)

## MINDFULNESS: SELF-COMPASSION AND ACCEPTANCE

The focus is on embracing acceptance and allowing things to be how they are.

### Learning Objectives

Employees will learn how to become more mindful and more present in their work and family lives by learning the facets of self-acceptance and compassion toward themselves and others.

### Content Outline

- Your life in the fast lane
- Inner peace
- Three factors in finding your inner peace
- Common dilemmas
- Awareness of self and others

## MINDFULNESS: EMBRACE CHANGE

Reflection, change, and the acceptance of the here and now.

### Learning Objectives

- Employees will learn how people commonly react to change and how it can impact on levels of stress and behavior.
- They will use mindfulness techniques to work through periods of stress that will allow them to react positively to change.
- They will learn to accept any given situation so that they can positively strategize intrinsic solutions to issues affected by change.

### Content Outline

- Change and uncertainty—How does it affect us?
- Mindfulness and self-awareness
- Mindfulness and acceptance
- Moving forward—Where to now?

## BALANCING WORK AND FAMILY

This seminar offers help with learning how to successfully juggle your work and home.

### Learning Objectives

- Employees will learn what it means to be “out of balance” through multiple demands in their own lives.
- They will learn new strategies to create a better work-life balance.

### Content Outline

- Identify the sources which keep you out of balance
- Determine the meaning of work-life balance
- Introduce time management strategies for effectively managing multiple demands
- Discuss the benefits of prioritizing important events
- Help you to start thinking about an action plan

## HEALTHY MIND TOOL KIT

Includes information on sleep, nutrition, relationships, and mindfulness as part of a healthy lifestyle to allow for optimal brain function and efficiency at work.

### Learning Objectives

Employees will learn what a healthy mind looks like and what strategies they can implement to create their own healthy mind tool kit.

### Content Outline

- What does a healthy mind look like?
- Seven Steps towards a healthy mind
- My Healthy Mind Toolkit
- Relapse and prevention



# HEALTHY LIFESTYLE TOPICS (CONTINUED)

## CHOOSING A HEALTHY LIFESTYLE

Identify the major nutrients in food, overeating triggers and how to avoid them, learn how to set realistic exercise goals and how to find your target heart rate, and explore meditation and relaxation exercises.

### Learning Objectives

Employees will understand how to assess their own lifestyle quality and create wellness strategies to help them move towards healthier behaviours and enhance their own intrinsic motivation for change.

### Content Outline

- What is a healthy lifestyle?
- Exercise tips
- Nutrition tips
- Stress management and culture
- Mindful meditation and its benefits

## WITH THE S.M.A.R.T GOALS INTO A SMARTER YEAR!

Learn how to set wellness actions so you can achieve them.

### Learning Objectives

- Employees will develop a better awareness of why poorly created goals fail to succeed and learn how to make SMART and SMARTER individual goals.

### Content Outline

- What is a SMART goal and why is it so important?
- Target a specific area for improvement
- Measure or suggest an indicator of progress
- Can it be achieved?
- Relevant and realistic–state what results can realistically be achieved given available resources
- Specify when the result(s) can be achieved
- How to make your goals SMARTER goals



# HEALTHY LIFESTYLE TOPICS (CONTINUED)

## MANAGING TOUGH TRANSITIONS

Life is full of transitions, whether it is moving homes, schools, having children, getting a new job, or getting a divorce, and requires a framework to deal with the new way of being.

### Learning Objectives

Participants will learn the difference between "change" and "transition" and learn ways of making their own life transitions easier and more meaningful for the whole family.

### Content Outline

- Identify the most stressful life transitions that most people will have to face in their lifetime
- Determine the difference between "change" versus "transition"
- Introduce the three stages of transition
- Discuss the feelings associated with the three stages of transition
- Provide participants with a thorough list of questions to consider during each phase of the transition
- Share tips on what children need during a big life transition

## GO THE EXTRA SMILE

Employees will discover the SOUL of service excellence.

### Learning Objectives

- Employees will learn that the need for leading, promoting, and enhancing a customer-focused culture is essential within every organisation.
- The seminar provides employees with an opportunity to explore their service responsibilities within their role.
- Employees will learn how to build and expand from where they are now.

### Content Outline

- What is the true meaning of customer service?
- How to establish excellence through effective communication
- The importance of timeliness, quality, consistency, and the first impression
- Determining customer needs
- How to manage difficult customers



# HEALTHY LIFESTYLE TOPICS (CONTINUED)

## PARENTING: BRIDGING THE GREAT DIVIDE

Parenting a teenager or preteen has been described as the most difficult and most stressful for the family by most parents. This seminar will help participants understand their teenager and help them be a more considerate, compassionate, and competent parent.

### Learning Objectives

Participants will learn about the biology, inner world, and stressors of the adolescent, as well as communication tips to help better relate.

### Content Outline

- Relationships
- Identifying the 'myths' and 'facts' of parenting the adolescent
- What are the major sources of stress during adolescence
- Biological and neuro-biological changes during adolescence
- Communication tips to have a more compassionate and deeper relationship with an adolescent
- What is hindering the relationship with an adolescent child
- "Do and don'ts" of parenting an adolescent





# LIVEWELL

## CORPORATE HEADQUARTERS

3020 Highwoods Blvd, Raleigh, NC 27604

Phone: +1 (800) 699 8011

Sales: +1 (866) 792 3610

E-mail: [service@workplaceoptions.com](mailto:service@workplaceoptions.com)

Fax: +1 (919) 833 9888

## GLOBAL LOCATIONS:

Belgium

Canada

China

France

India

Indonesia

Ireland

Japan

Portugal

Singapore

United Arab Emirates

United Kingdom

United States



WORKPLACE **OPTIONS**