

BetterBody

at work !



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massage workout mindset nutrition

Make healthy workplace



Benefits for Employer and Management

- Happy employees really do work harder!
- Health education FREE!
- Reduced muscle tension
- Decreased stress and anxiety
- Increase energy, alertness and productivity
- Improved mental acuity

We are dedicated to bringing value to employees with natural and functional medicine. We educate and treat your employees to health without the use of drugs.

For any questions please don't hesitate to ask!

THE RECIPE FOR A PAIN-FREE CAREER



Health & wellness services



Employee health & wellness programs



HEALTH PROGRAM



Why We are your best choice :

- **FREE INDIVIDUAL CRM** for booking massages online
- Free **statistics** every month
- Free **reminding e-mail** for every appointment
- The best specialists with the highest qualification
- Polish – English speaking specialists
- Health education **FREE! Free seminar** or workshop making by Public Health Specialist
- **The lowest price** and the highest quality

We create a healthy work environment since 2015
Our specialists can do for you massage programs,
Active Weeks, and lot of seminars.

THANK YOU FOR YOUR TRUST !

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Masaż pleców	20 min	<input checked="" type="checkbox"/>
Masaż karku	20 min	<input checked="" type="checkbox"/>
Masaż ramiona i barki	20 min	<input checked="" type="checkbox"/>
Masaż kończyn dolnych lub terapia na kolana	20 min	<input checked="" type="checkbox"/>
Masaż twarzy lub głowy	20 min	<input checked="" type="checkbox"/>

Health services



Massage, physiotherapy, office joga and stretching :

Prices from 90 zł netto / hour

Seminar and health education workshops :

Prices from 499 zł netto

THE RECIPE
**FOR A PAIN-FREE
CAREER**



They trusted us:

