

**Health Boga – Your Wellness Partner
Making India Healthier & Happier**



CORPORATE PROPOSAL

Health Boga

**HEALTH
JUST WITHIN REACH**

WWW.HEALTHBOGA.COM

MAKING INDIA HEALTHIER



Health Boga, is on a mission to make world Healthier & Happier and ultimately better.

Why Corporate Wellness?

At Health Boga we create happier workplaces to make employees not just physically fit but also take care of mental wellness. This can result your organization in:

- Making employees happy in workplace.
- Increase morale and productivity of each employee.
- Fewer employee turnover.

Corporate Wellness Programs at Health Boga:

Under Corporate wellness we ensure wellbeing of employees through different range of verticals, namely:

- Health Talks – Talks include weight loss, staying in shape in pandemic and diet planning and management with professional nutritionists.
- Exercise Workshops – Conducting boot camps, home workout, Zumba, Dance, Yoga sessions & much more.
- Mental Health – Provides ownership of health, strength, confidence and weight through awareness, education and motivation of employees.

Why choose Health Boga?

At Health Boga we:

- Provides experienced and expert trainers.
- Activity based programmes.
- Team building and interactive workshops.
- High engagement rate.

For your Corporate training requirements and queries, contact us at:

support@healthboga.com or Dial us at - +919971320465