



HEALTHY ME WEEK

Welcome to the world of
Better Health

Starting on the path to Wellness



Healthier employees make for a stronger association.

If you're looking to build a workplace with more staff camaraderie, greater productivity, and less absenteeism, **HMW's organization-wide wellness initiative** can help you get there.

Healthy Me Week



BHO initiative



Spread awareness about psychological health and well-being issues among corporates



Providing solutions and focus on information dissemination & preventive healthcare practices.



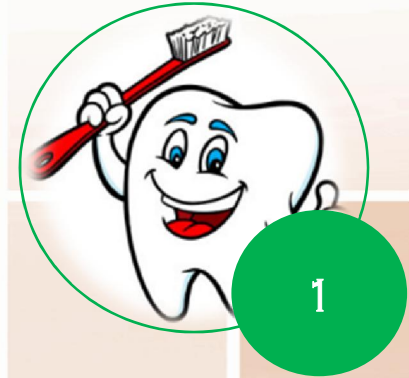
One Week Wellness Program



Health camps, Seminars and many more...



One week of Health



Dental Camp

Start young and avoid the common, yet preventable pain... Care for your teeth.



Eye Camp

Eyes can speak and we listen to it...

Eye Care You Can Trust



ENT Camp

Early diagnosis and better management, a lid on the further growth... Raise Awareness



Desk Yoga

Sitting is the New Smoking and now is the time to quit the Sit... Move it or Lose it

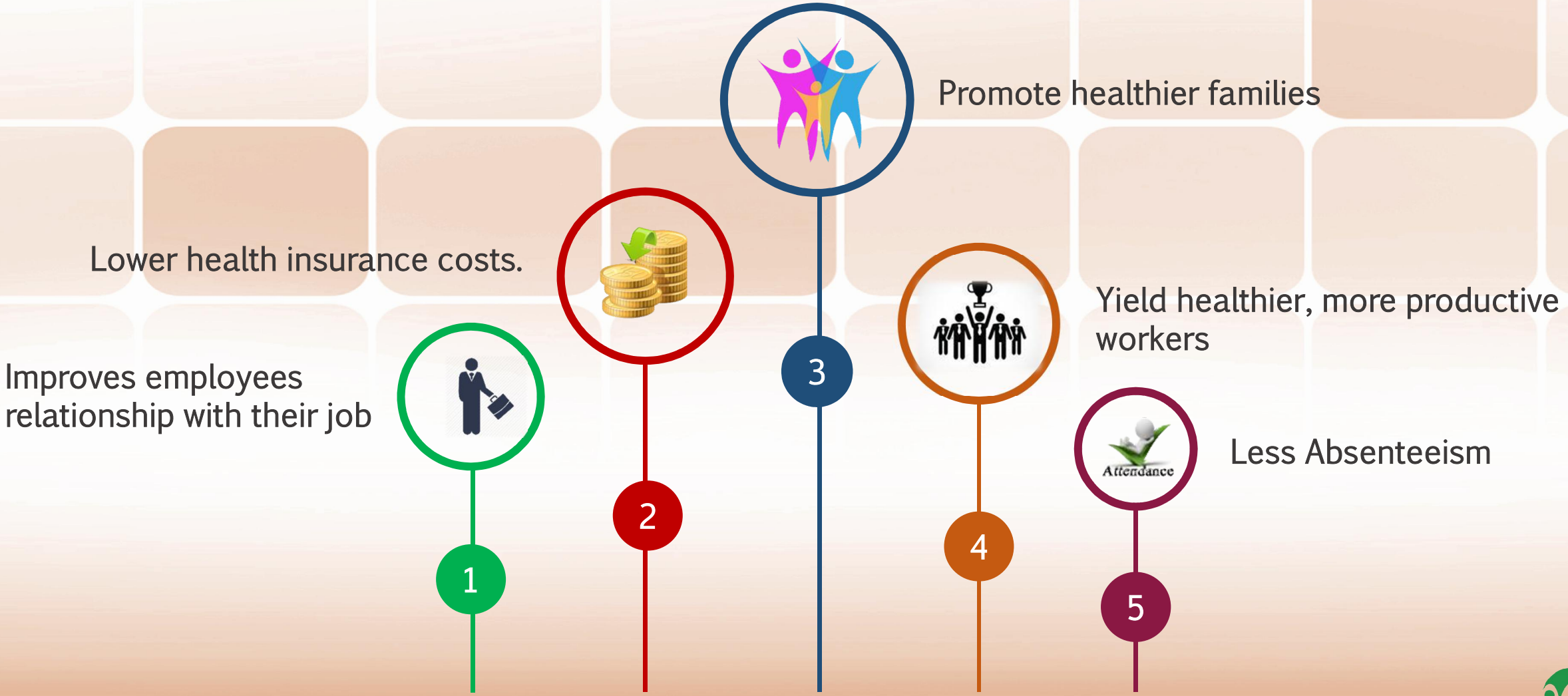


Workshop

For the love of work, balance your work-life. Beat Stress & Boost Happiness

Full Body Health Check Up is spread over the week

People who learn healthy habits at work transfer them to other aspects of their life...



Let's go Healthy...

Health – The most valuable gift you can give to your employees

To Register

Log on to

<http://www.bhorg.com/health-me-week/>

Reach Us At

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