

## About Dragonfly Wellness Center

Established in 2015

We offer holistic, evidence based wellness modalities that are aimed at strengthening health, preventing illness of body, mind and spirit, and optimizing overall well being

We consist of multiple businesses under one roof: private practitioners, certified teachers/specialists for individual and group classes/workshops, and a Natural Cafe

We have an extensive network of like-minded teachers, practitioners and businesses spanning into the Greater Boston area

Dragonfly Wellness Center  
176 Jackson Road  
Devens, MA 01434

Recipient Name  
Address  
City, ST ZIP Code

# Dragonfly Wellness Center

## Corporate Wellness Program



176 Jackson Road

Devens, MA

978-487-7181

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



## Evidence

Workplace wellness programs have been shown to:

“Improve employee well-being, enhance human performance and decrease healthcare costs”

~American College of Occupational and Environmental Medicine 2014

“Reduce hostile behaviors and create a positive environment”

~clinical research study, India

Increase productivity, decrease absenteeism and increase employee satisfaction ~ summary UCLA research study 2016

“While other wellness programs focus mainly on physical health, our program focuses on total well-being: mental, physical and emotional”

Anne Ferguson APRN  
Owner Dragonfly Wellness Center

## Customized Program

\*Specifically designed to meet each individual company’s needs

\*Tailored to identified health and wellness desires, budget and employee interest level

\*Created from our multifaceted offerings from various practitioners/teachers

\*Implemented at the place of business, Dragonfly Wellness Center or both

## Voucher Program

\*Provides more flexibility

\*Company purchases a set amount of vouchers and distributes to employees

\*Employees redeem the vouchers individually for classes, workshops or private sessions at Dragonfly.

## What we offer:

### Chair Massage sessions

### Group classes:

- Yoga
- Tai Chi/Qigong
- Stretch/Movement

### Group/Individual Health and Wellness Coaching sessions:

- Healthy Eating
- Avoiding Burnout
- Stress Management

### Group Mindfulness and Meditation

### Group Sound Baths (meditation to vibration of crystal bowls)

To learn more, contact us at [info@dragonflywellnesscenter.net](mailto:info@dragonflywellnesscenter.net)