



Helping Companies Maximize Their Wellness Funds & Employee Wellbeing

Workplace Wellness Catalog

Wellness Program Strategy & Consulting

- Assessment of current wellness initiatives
- Strategic design of wellness programs tailored to your workforce
- Guidance on maximizing employer wellness dollars & vendor benefits

Wellness Events & Benefits Fairs

- Full-service coordination of onsite or virtual benefits fairs
- Vendor outreach, scheduling, and logistics management
- Employee communications & marketing for engagement
- Post-event reporting and participation analysis

Preventive Health & Screenings

- Biometric screenings (blood pressure, BMI, cholesterol, glucose)
- Flu shot clinics & vaccination coordination
- Ergonomic assessments for workplace health & safety

Lifestyle & Behavioral Programs

- Stress management workshops
- Nutrition & healthy eating seminars
- Fitness challenges and activity tracking programs
- Smoking cessation and substance-use support

Mental Health & Mindfulness

- Resilience and mindfulness training
- Meditation and yoga sessions (onsite or virtual)
- Employee Assistance Program (EAP) integration support
- Mental health awareness workshops



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Education & Training

- Financial wellness seminars (budgeting, retirement planning, debt management)
- Work-life balance strategies for hybrid/remote employees
- Sleep health and energy management programs

Signature Add-On Services

- “Wellness Kickoff Month” campaign for new clients
- Annual Workplace Wellness Calendar planning
- Employee surveys & data tracking to measure ROI
- Coordination with insurance carriers to utilize embedded wellness funds

Why Choose Colores Workplace Wellness?

- Bilingual facilitation (English/Spanish)
- Local vendor partnerships across San Diego County
- Flexible onsite & virtual program delivery
- Expertise in HR + Compliance + Wellness = one-stop solution