



LE PHYSIQUE[®]
MASTERCLASS IN WELLNESS



HEALTHIER PEOPLE ARE HAPPIER PEOPLE

WWW.LEPHYSIQUE/.GR



HEALTHIER PEOPLE ARE HAPPIER PEOPLE

THE COMPANY

EUDEMONIA WELLNESS was founded in 2016 by Stathis Grammatikas and Stadia Liaskou. They are fully committed to making healthy living not only feasible but simple and fulfilling, by utilizing his yearlong experience, building on his extensive expertise and consistently providing the highest quality services.

In Eudemonia Wellness our goal is to foster a culture that encourages everyone to see wellness as an obvious choice.

To get there, we develop comprehensive, innovative programming that motivates anyone to make healthy choices every single day.

Best of all, we create a sense of fun, excitement, and team spirit that is guaranteed to energize all and have a positive impact on your bottom line.

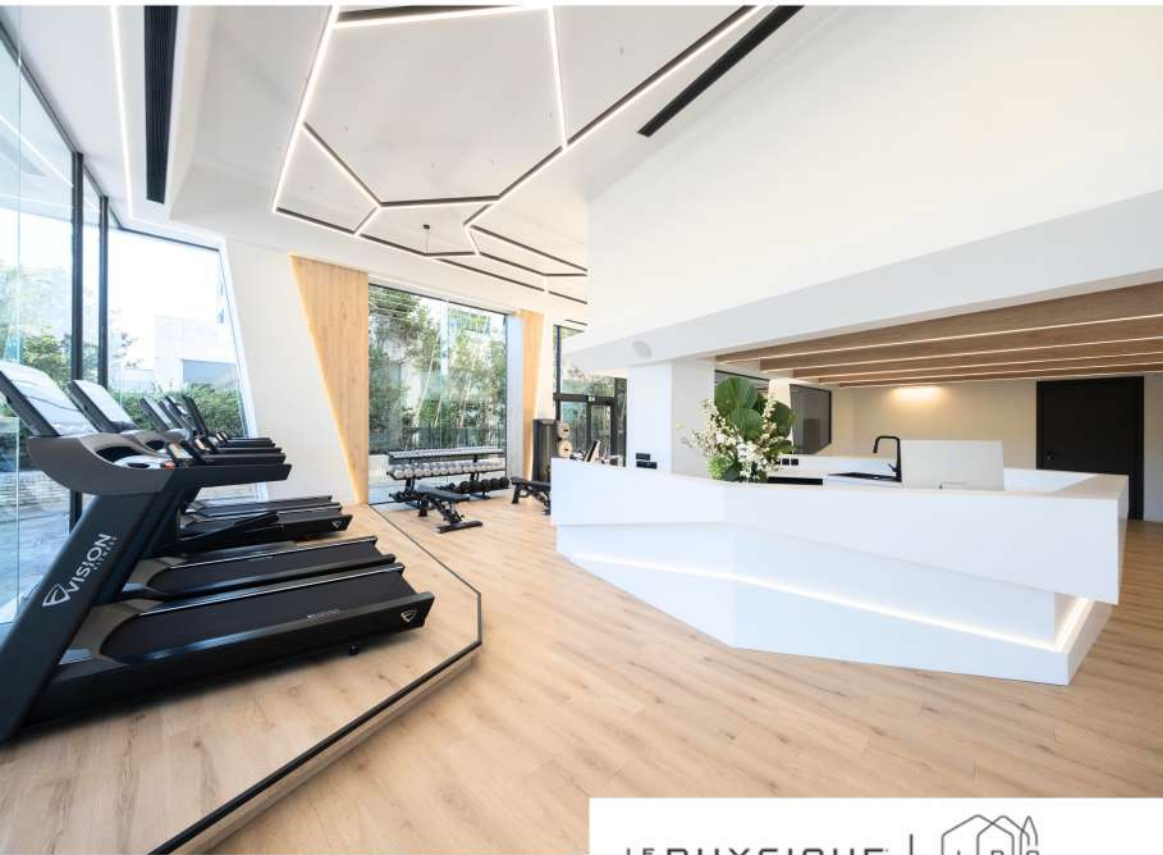
THE MISSION



At our company, we are dedicated to elevating wellness through a holistic approach, crafting experiences that transform every individual's life into an unforgettable wellness journey. We offer comprehensive wellness services across four pillars: personalized programs for individuals, tailored solutions for corporate environments, specialized wellness services for hotels, and on-demand wellness experiences. Our mission is to enhance overall well-being, ensuring that each client embarks on a transformative path to a healthier, more fulfilling life.

WHAT WE DO

INDIVIDUAL WELLNESS



LE PHYSIQUE®
MASTERCLASS IN WELLNESS



Welcome to the Reimagined Wellness!

Welcome to the Brand New Le Physique®, a 450m2, three-level sanctuary on Kifisias 209 Avenue, opposite Syggrou Estate, built to elevate your fitness, recovery, and wellness through personalization, expert coaching, and advanced technology. **Le Physique**, is a premium boutique gym and wellness destination offering a true masterclass in wellness. As a fully integrated wellness ecosystem, we deliver a holistic, science-backed approach through our exclusive 6 Discipline Training Method (6D)—a unique framework that goes far beyond conventional fitness. At Le Physique, we don't just train; we empower individuals to elevate their performance, health, and overall well-being with precision, care, and long-term impact.

OUR PILLARS

CORPORATE WELLNESS



We are building experiences and bring out the best in your people! Eudemonia Wellness workplace programs isn't just about having a healthy body, it entails having a sound mind that will allow you to execute tasks to the best of your abilities.

We design solutions based on your needs!

Eudemonia's subject matter experts can lead classes and seminars focused on our main pillars of wellness: sleep, exercise, nutrition, and stress.

We can also help you design, plan and run your in-house gym and wellness facilities!

Our Facility Design team is able to help you design and layout the most effective gym for your employees.

OUR PILLARS

HOTEL WELLNESS



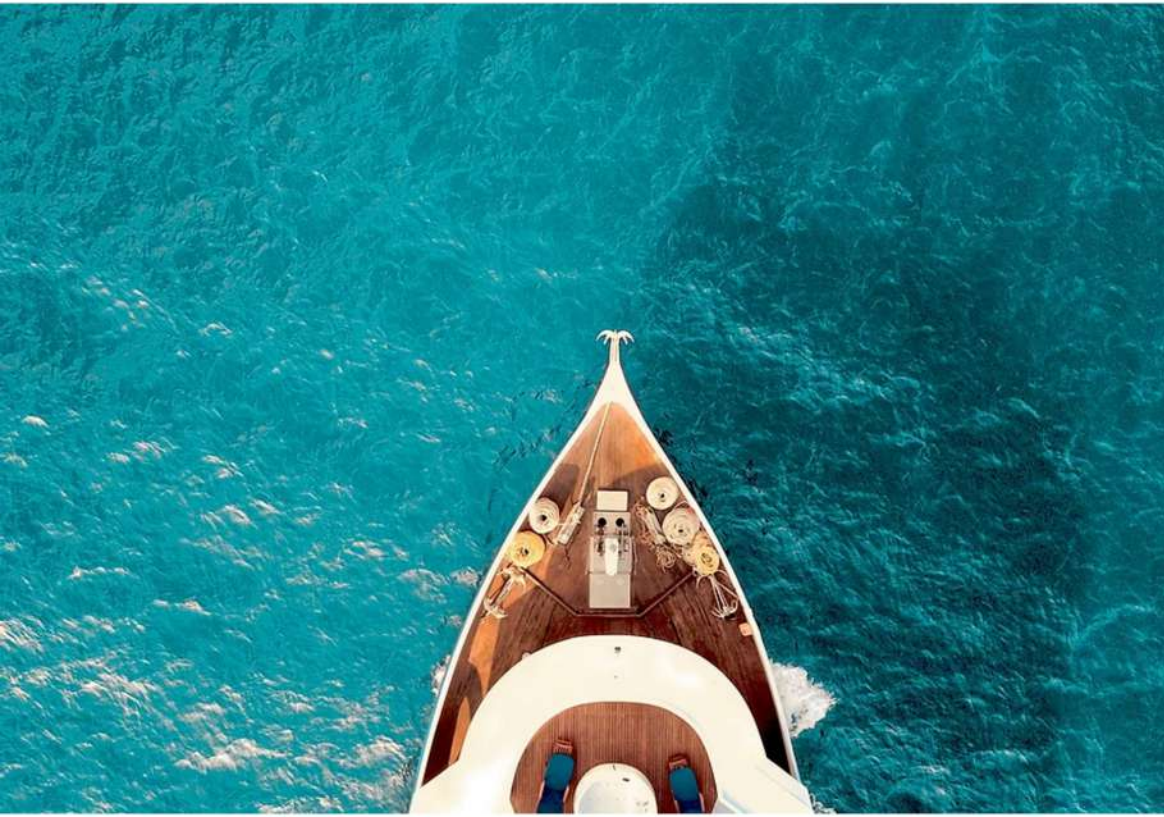
Eudemonia Wellness offers a full range of consulting and management services exclusively for health and wellness-centric hospitality. Our agency is dedicated to wellness solutions, building experiences that help transform your guests' stay into an unforgettable wellness journey!

We strive to become your preferred partner, for innovative and cost-efficient solutions within the Hotel Wellness industry.

We provide a wide range of professional services to meet your needs, expanding into new territories, providing new services, or discover a new route to hospitality.

OUR PILLARS

WELLNESS ON DEMAND



Eudemonia Wellness is your premier partner in cultivating well-being and luxury. Specializing in bespoke wellness services on demand, we cater to concierge agencies, villa owners, yacht proprietors, and more.

At Eudemonia Wellness, we meticulously design and implement wellness experiences tailored to your unique needs, ensuring a harmonious blend of relaxation, rejuvenation, and unparalleled service. Whether you're looking to enhance your guests' stay with personalized wellness routines or seeking to create a serene retreat on your property, our expert team is dedicated to bringing tranquility and vitality to any setting.

Discover the epitome of wellness with Eudemonia Wellness, where your well-being is our ultimate mission.

OUR PILLARS

FOUNDERS

With over 35 years experience as a health educator, wellness coaching expert and fitness trainer, Stathis Grammatikas founded Eudemonia Wellness in 2016, completing his vision to empower employees to live healthier, more fulfilling and productive lives. Stathis has been involved in sports his whole life, focusing on swimming, track & field and skiing and earning numerous awards.

A graduate from the University of Sports Sciences with bachelor in Swimming and Track & Field, Stathis started this lifestyle business with a firm intention to inculcate Wellness into the daily lives of empowered individuals. He is a certified trainer in various disciplines. He has led many workshops on Weight Loss, Pilates, Cycling, Nutrition and Life Balance and cooperated with the best fitness clubs in Athens.



His involvement with the organization of the Olympic Games in 2004 (Athens), 2008 (Beijing) and 2012 (London) inspired him to create a company through which he could share his knowledge and express his passion and yearlong experience in health and fitness. He believes that our lives should be a journey into keeping ourselves healthy and able-bodied through our progressive years. He aspires to grow Eudemonia Wellness organically and consistently prove his loyalty to his clients. He is also the owner of "Le Physique Wellness" for individuals and "Tigersrun" track & field academy for kids.

WHO WE ARE

FOUNDERS

As Co - Owner & Managing Director of Eudemonia Wellness, Stadia Liaskou is the person behind the company's vision and spearheads the company's management and strategic planning.

With over 25 years of experience in very demanding positions in the media industry, Stadia knows very well the importance of well-being, employees' engagement and organizational culture and is committed to create and develop the ideal wellness programs for every client. She holds a Bachelor of Science in Chemistry from the National and Kapodistrian University of Athens, where she developed a strong foundation in analytical thinking and scientific principles.



Building on her scientific background, she pursued and earned an MBA from the University of Kingston in the United Kingdom, equipping her with robust business acumen and strategic management skills.

Additionally, she is a certified coach, having earned her coaching accreditation from the Association for Coaching. This certification highlights her commitment to professional development and her proficiency in guiding individuals and teams toward achieving their personal and professional goals.

Stadia focuses on staying healthy by consistently following Eudemonia's nutrition program and HIIT workouts while she recently started taking yoga & pilates

WHO WE ARE



HEALTHIER PEOPLE ARE HAPPIER PEOPLE

EUDEMONIA & LE PHYSIQUE INDIVIDUAL WELLNESS

At the heart of Eudemonia Wellness lies a gem of empowering wellness: Le Physique. Le Physique is a holistic ecosystem and destination built upon a science-backed philosophy that redefines what it means to live well. Through its exclusive 6 Discipline Training Method, Le Physique helps individuals unlock their full potential across six essential pillars — Strength, Endurance, Flexibility, Mobility, Stamina, and Balance. These six foundations are the key to lifelong health, vitality, and peak performance.

Every member's journey is guided through a method that integrates body and mind, ensuring results that go beyond the visible — deeply enhancing the way one moves, performs, and experiences daily life. Rooted in research from leading institutions such as Harvard, Stanford, and the Mayo Clinic, this method blends science, structure, and purpose to create measurable, lasting wellness.

At its core, Le Physique embodies the three guiding values of Longevity, Performance, and Quality of Life. Each session, class, and program is designed to delay age-related decline, elevate performance, and enrich everyday living — helping every individual achieve not just fitness, but true Eudemonia: a state of balanced, thriving well-being.

Le Physique's Programs & Facilities

- | |
|----------------------------------------------------------------------------------------------------------|
| • Wellness/Fitness consultation and assessment |
| • Body Composition Analysis |
| • Nutrition Consultation |
| • Open Gym Access & Cardio Area |
| • Studio Classes (Yoga, Strength Training, HIIT, Mat Pilates, Core and Cardio, Breathing and Stretching) |
| • Private Holistic training session |
| • Spinning Studio - High-energy spinning classes |
| • Reformer Pilates Studio |
| • Massage and Facial Treatments |
| • Rejuvenating Sauna |
| • LPQ Health Bar |
| • Premium Lockers & Amenities |



Le Physique's Signature Programs

- The 6D Transformation Program -A comprehensive 8-week program designed around your 6D Training Method: Mobility, Flexibility, Stamina, Balance, Strength, and Endurance.
- Reformer Pilates Reset - A focused program using the 6 reformer beds to improve posture, core strength, and flexibility in a semi-personal or personal format.
- LPQ Performance Boost - A 6-week program designed to improve athletic performance and stamina for runners, swimmers or other athletes.
- Perimenopause / Menopause Wellness Program - A program tailored to women in perimenopause / menopause, addressing hormonal changes, energy management, and wellness.
- 68 Days Challenge - Focus: Rapid transformation with lasting results – physical, nutritional, and mindset
- 12 Weeks Challenge - Focus: Long-term transformation with measurable, sustainable results
- Weekend Warrior Program -A 6-week weekend-only program for busy professionals who want to make the most of their weekends.





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EUDEMONIA & WORKPLACE WELLNESS

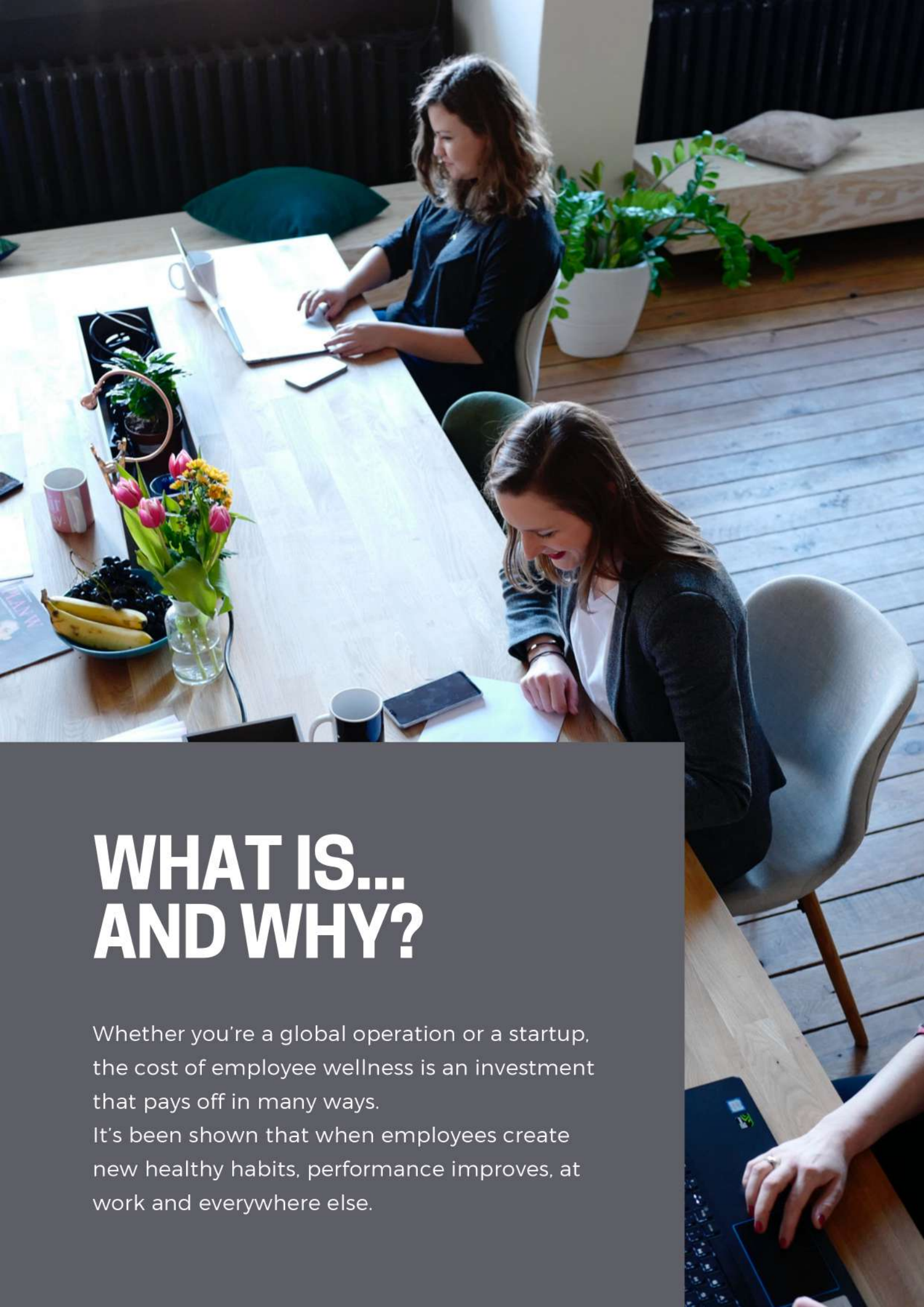
EUDEMONIA WELLNESS was founded in 2016 by Stathis Grammatikas and Stadia Liaskou. Their passion for health and wellness led them to think differently about how companies could ideally support each employee. They committed to making healthy living in the office not only feasible but simple and fulfilling, by utilizing their yearlong experience, building on their extensive expertise and consistently providing the highest quality services.

Eudemonia Wellness works with companies who care about creating a healthy, happy workplace culture.

With a team of dedicated and experienced instructors, Eudemonia Wellness has fulfilled some of Greece most successful companies with their services and event management expertise.

From large or small group training to health promotion and engagement, we've got you covered.

We work with you - not for you!



WHAT IS... AND WHY?

Whether you're a global operation or a startup, the cost of employee wellness is an investment that pays off in many ways.

It's been shown that when employees create new healthy habits, performance improves, at work and everywhere else.

WHAT IS WORKSITE WELLNESS?

For the purposes of this guide, worksite wellness includes all strategies employed at the worksite with the goal of promoting healthy lifestyles to employees and their families. Examples of wellness programming include: health education classes, subsidized use of fitness facilities, policies that promote healthy behavior, and any other activities, policies, or environmental changes that affect employee health

WHY WORKSITE WELLNESS?

HEALTHIER PEOPLE ARE HAPPIER PEOPLE

Compared to unhealthy workers, healthy ones have:

- Lower health care costs
- Better productivity
- Better morale

Rising health care costs are a significant concern. The data show that when poor employee health habits result in unnecessary health care costs, everyone loses. Customers pay more for goods and services, employees take home less money, and companies allocate a greater proportion of after tax profits to meet the increasing demands of the health care system. Because employees spend most of their waking hours at work (nearly 50 hours per week), the worksite is an ideal setting for wellness programs.

Worksite wellness PROGRAMS

IMPROVED
employee relations
& morale by
an average
of... **51%**

RESULTS

Close work **FRIENDSHIPS**

Boost **EMPLOYEE**
SATISFACTION by **50%**

People with a
at work are **BEST FRIEND**
7x more likely
to engage fully
in their work

RESULTS

You're probably thinking, "Are the costs of an employee wellness program worth the rewards?" In most cases, the answer would be a definite "yes." All you need is an organized strategy for implementing the program into action.



Productivity



Loyalty



Motivation



Satisfaction



Engagement

WORKSITE WELLNESS

COMPANIES WITH PROGRAMS EXPERIENCE

have a

25%

INCREASE

in employee

PRODUCTIVITY



EUDEMONIA

↑ Increase satisfaction & loyalty

28%

OF WORKERS SAID

they would feel more **SATISFIED** and more **LOYAL** to their employer

if their company offered more options to **IMPROVE** their **HEALTH** and **LIFESTYLE**

EUDEMONIA



BY CREATING A CULTURE OF well-being,

employee motivation to achieve their targets is being increased

by 57%

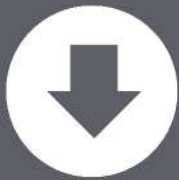
REDUCE anxiety & depression by 30-50%



EFFECTIVENESS

EUDEMONIA WELLNESS

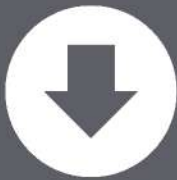
A well-designed wellness program is one that changes the health behaviors of employees, spouses, and dependents, thus lowering health risks, reducing chronic disease, and helping worksites create a culture of health.



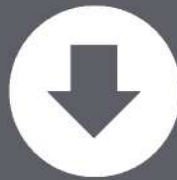
LOW
TURNOVER
RATE



BOOSTS
EMPLOYEE
MORALE



REDUCES
HEALTHCARE
COSTS



REDUCES
ABSENTEEISM



BETTER
CUSTOMER
SERVICE

EUDEMONIA
SOLUTIONS



Companies with
**Onsite
Health⁺
Programs**
see (on average)

↓ 27%
DECREASE in
sick leave
absenteeism

↓ 26%
DECREASE
in healthcare costs

↓ 32%
DECREASE
in workers'
compensation
& disability claims
management

LOW TURNOVER RATE

HERE ARE THE SETBACKS OF A HIGH TURNOVER RATE:

- Reduces morale
- Decreases productivity
- Ruins company brand image
- Increases workload
- Costly to the company

A wellness program is a sure way to retain valuable employees and prevent them from applying for jobs at any of the competing companies.

BOOSTS EMPLOYEE MORALE

HERE ARE SOME SIGNS OF LOW EMPLOYEE MORALE:

- Low enthusiasm
- Low productivity
- Increased absences
- Poorly done work
- More mistakes on the job
- Customer complaints

Employees need to feel good about themselves and their jobs if you want them to become more productive and motivated.

REDUCES HEALTHCARE COSTS ↓

Affordability remains a big concern for companies and employees alike, as health insurance premiums have increased much faster than overall income or salaries. And, although insurance is widely available among larger companies, only about half of the small-to-medium-sized businesses offer coverage to their employees.

- Average employer-provided health insurance costs have increased modestly over the previous year. The average single premium increased by 4%, and the average family premium increased by 5%.
- The average premium for family coverage has increased 22% over the last five years and 55% over the previous ten years.

HEALTHIER PEOPLE ARE HAPPIER PEOPLE



BETTER CUSTOMER SERVICE

Providing high-quality customer service is critically important for any business. You need to treat your customers with dignity, honesty, and respect if you wish to form a long-term business relationship with them. An employee wellness program is the most critical element of boosting the quality of your company's customer service. If your employees are happier and healthier, they will have an easier time communicating with customers professionally and positively. As a result, your company can enjoy more sales and profits from customers who'll want to give you repeat business.

“THE KEY TO...

The key to having a successful corporate wellness program lies in encouraging overall wellbeing while still keeping it fun

SUCCESS

EMPLOYEES' MOST WANTED WELLNESS PROGRAMS ARE:

72% physical activity

65% healthy food on-site

62% on-site gym facilities or fitness classes

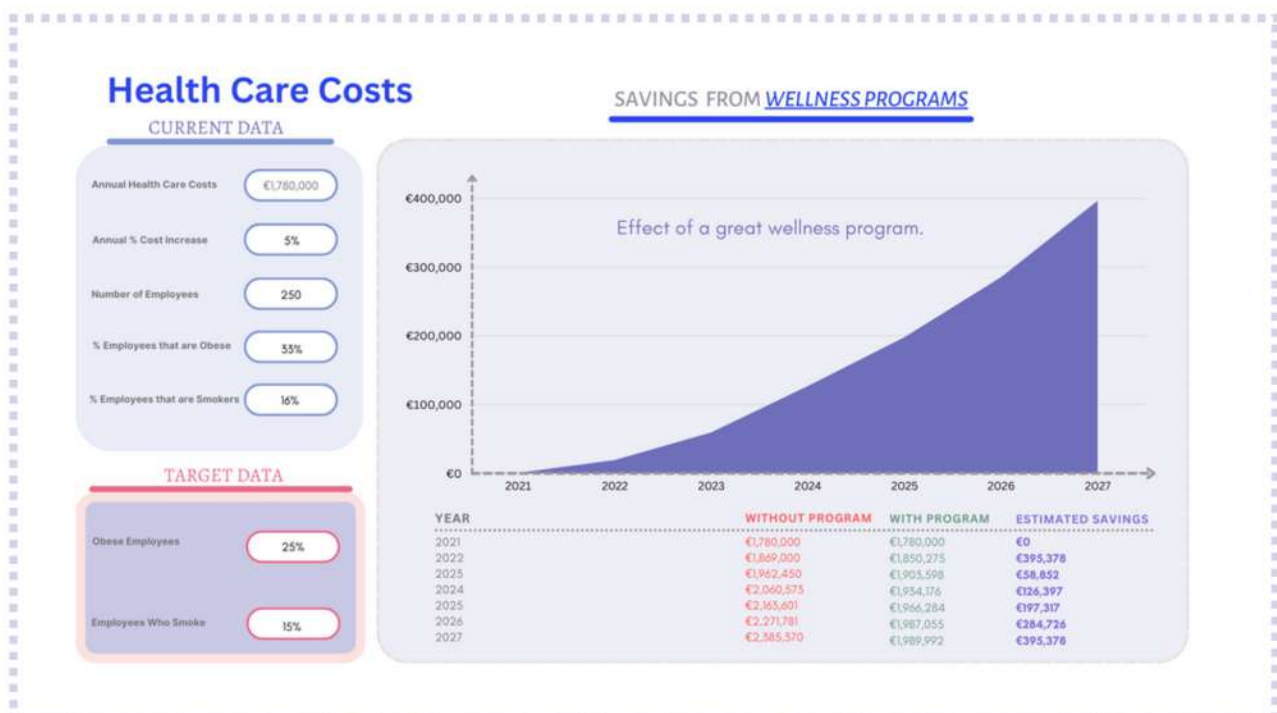
IMPACT OF EVIDENCE-BASED PROGRAMS ON HEALTH CARE COSTS, ABSENTEEISM & PRESENTEEISM

At EUDEMONIA WELLNESS, we've used a series of research-based ROI examples to help you estimate the effect of well-designed wellness programs on :

Health Care Costs

Wellness programs help control costs

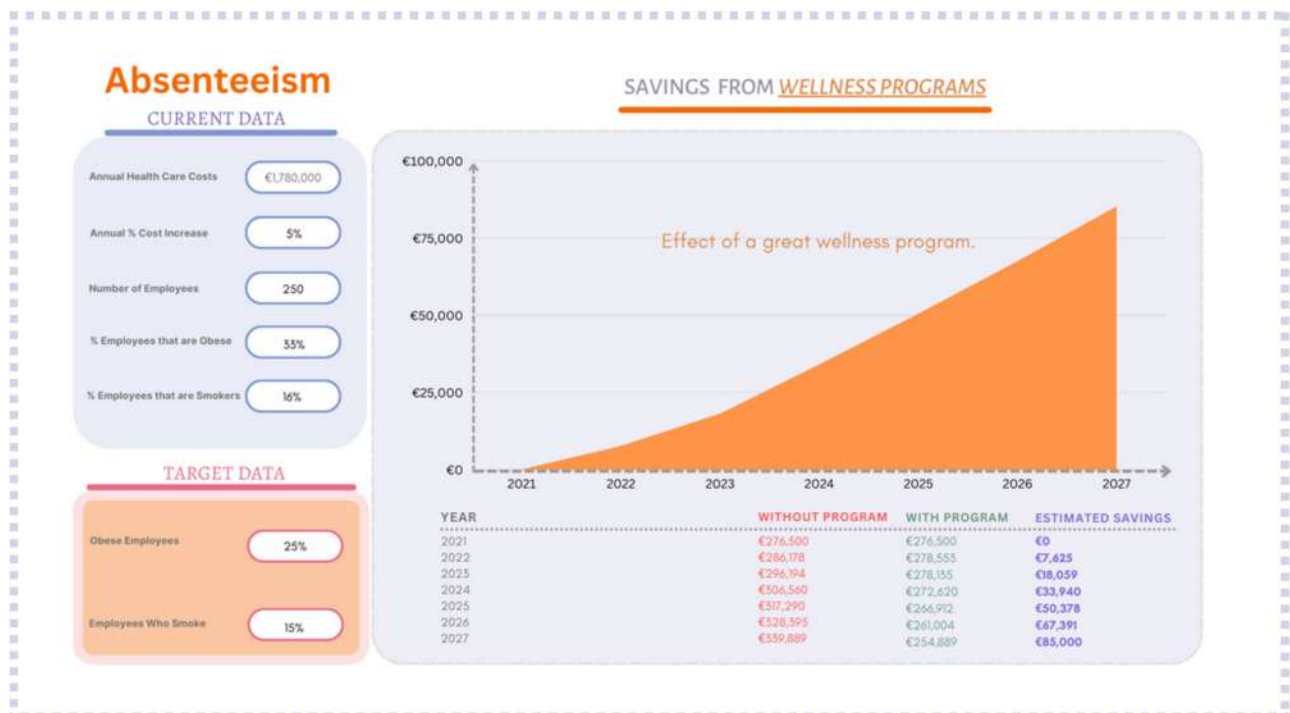
Healthier employees are less costly. A strategic investment in the health of your employees will lower or at least slow the increase in health care costs. Employees with more risk factors, (e.g. obesity, smoking, physical inactivity), cost more to insure and pay more for health care than people with fewer risk factors.



Absenteeism

Wellness programs reduce absenteeism

Healthier employees miss less work. Companies that support wellness and work to create a healthy culture have a greater percentage of employees at work every day. Because health frequently carries over into home life, employees may miss less work caring for ill family members as well. The cost savings resulting from a wellness program include reduced overtime, and fewer temporary workers, to name a few.



Consider the evidence

- Modifiable lifestyle factors account for 25% of employee health care cost burden.
- Annual medical costs attributed to obesity and overweight employees are estimated to be nearly 40% higher than those who are normal weight.
- Obese employees are about 75% more likely to experience high rates of absenteeism (seven or more absences during a six-month period) than normal weight employees.

Presenteeism

Wellness programs increase productivity

Healthier employees are more productive. Presenteeism (employees are physically present but ineffective) is reduced in workplaces that have wellness programs. Research suggests that the cost of lost productivity is double or even triple the cost of health care.



Wellness programs improve employee morale and enhance organizational image.

A company that cares about the health of employees is often seen as a better place to work. Such companies save money by retaining workers and they have a competitive edge in recruiting new employees

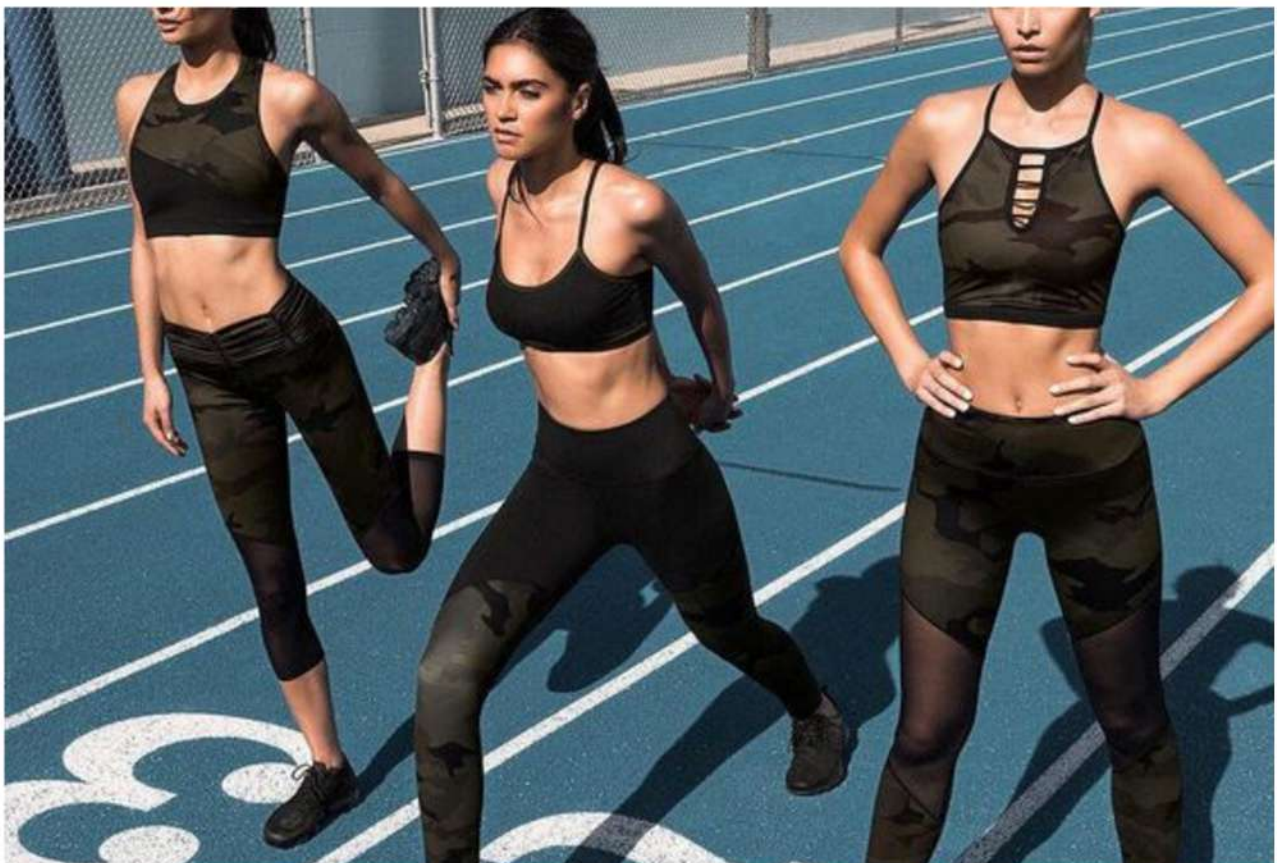
HEALTHCARE

OUR STRATEGIES

Wellness programs can address many focus areas and employ several strategies. The goal of each strategy should be employee behavior change.

Physical Activity Strategies

People who are physically active reduce their risk for heart disease, diabetes, cancer and have lower stress. The minimum recommended level of physical activity to produce health benefits is 150 minutes of moderate physical activity each week.



Physical Activity Services

Weekly Onsite Group Classes:

(Mat – Pilates, Guided Stretch, Gently Yoga, Flexibility and Balance, Good Posture, etc.)

Weekly Virtual Group Classes:

(Mat – Pilates, Guided Stretch, Gently Yoga, Flexibility and Balance, Good Posture, etc.)

One-on-One Personal Training

Office Ergonomics and Stretching Session

Chair Massage and Recovering Session

Desk Moves

Workshop and Toolkit

Monthly Motivational Signs at elevators, route to and from parking area, cafeteria etc.

(Set up/sit up/change it up, Standing up Straight, Stair Climbing, etc.)

Weekly e-mail Quiz and Message:

Behavioral Health (example: Physical Condition)

Corporate Running Team

(Weekly Sessions)

Team building & Exercise games



Nutrition Strategies

Healthy eating is crucial in the prevention and management of obesity and related conditions. Consumption of fruits, vegetables, and whole grains helps prevent chronic diseases such as cancer, stroke, and heart disease. Healthy eating also helps improve productivity. Regarding infant nutrition, employees who breastfeed will have healthier children who have a lower risk of childhood obesity, have lower family health care costs, and have a quicker return to pre pregnancy weight.

Mental Health Strategies

It can be difficult to know everything that needs to be covered in order to create a mentally healthy workplace. As you think about your approach, there are three areas you should focus on: protection, promotion and support. Three key principles that will help you successfully implement a mental health and wellbeing strategy. They help to define what a mentally healthy workplace looks like.

Nutrition Services

Monthly Motivational Signs at elevators, route to and from parking area, cafeteria etc.

(Promote Fruit and vegetable Consumption, Hydration, Good Fat, Weight Management, etc.)

Weekly Nutritional Workshop

(Energy Boost Breakfast, Amazing Brunches, Detox Smoothies Package, Natural Protein Shakes, Superfood Snacks & Fresh Juices, Anti - ageing Herbs and Supplements)

Monthly On-Site or Virtual Nutrition Education Speakers

(Support Healthy Eating, Disease Prevention, Mindful Eating Nutrients that enhance Focus and Mood Levels, Improving the Immune System, Weight Loss Support

On-Site and Virtual Interactive and Educational

Cooking Lessons and Recipes for Healthy Food

Individualized Nutrition Counseling

Weekly e-mail Quiz and Message:

Behavioral Health (example: Are you Eating Well?)

Mental Health Services

Monthly Motivational Signs at elevators, route to and from parking area, cafeteria etc.

(Mindset is Everything, Successful & Unsuccessful People, etc.)

Weekly Onsite Group Classes:

(Gently Yoga, Flexibility and Balance, Breathing Exercises, etc.)

Weekly Virtual Group Classes:

(Gently Yoga, Flexibility and Balance, Breathing Exercises, etc.)

Personal Meditation session

Educational Seminars:

(Sleep practices, meditation, Noon Mindfulness and Nature Exercise, etc.)

Reflexology Instead of Stress

Wellness Gift Bags

(Aromatherapy Oil, Healthy Snacks, Calm Tea, etc.)

Inspirational Coaching

Stress Management Coaching

Weekly e-mail Quiz and Message

Behavioral Health: (example Stress Profile)



Tobacco Cessation Strategies

The negative health effects of smoking and second hand smoke are well established. The list of diseases associated with cigarette smoking is long and costly. Compared to non-smokers, smokers cost more and consume more medical care. Insurance companies and employers now see the value of covering smoking cessation programs and medications.

Tobacco Cessation Services

Monthly Motivational Signs at elevators, route to and from parking area, cafeteria etc.

(Don't Smoke - It's not a Joke, Quit & Breathe, etc.)

Onsite or Virtual Individual or Group Counseling

Cessation Medications

(Meditation Training induces Smoking Reduction, Quit Plan, etc.)



The words "TEAM" and "WORK" are spelled out using large, black, 3D block letters. They are arranged in two rows on a background of white horizontal slats, creating a strong geometric and textured visual.

TEAM
WORK

OUR AREAS

1. We are building experiences and bring out the best in your people!
2. We design solutions based on your needs!
3. We inspire people to make healthy choices!
4. We design, plan & run your in-house gym and wellness facilities!

**EMPLOYEE
FITNESS
TRAINING**

**EMPLOYEE
NUTRITION
PROGRAM**

**WELLNESS
WORKSHOPS &
SEMINARS**

**FACILITY
DESIGN &
MANAGEMENT**



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EUEDEMONIA & WELLNESS ON DEMAND

Eudemonia Wellness is predicated on the idea that wellness itself means different things to different people. In order to achieve this we offer retreat options and create customized plans that makes your ideal perception of the ultimate retreat a reality.

Eudemonia Wellne expert team will coach you with a varied and intense program combining a range of exercise styles including running, strength training, HIIT, circuit training, TRX, hiking and swimming. Mindfulness sessions for the complete mind and body experience as well as invaluable morning yoga, stretch and mobility classes. Water sports and optional kitesurf or snorkeling will also be available to add to the experience. In between training, enjoy delicious and healthy smoothies, super foods snacks & meals, daily rejuvenating face & body treatments and bespoke services delivered by our expert team.

Whether you are looking for a retreat to detox, to relax or boost your energy, we offer you the possibility to design your perfect retreat according to your preferences in the most luxurious way possible!

Healthy Nutrition

- | |
|-----------------------------------------------------------------------|
| • Delicious natural, organic recipes |
| • Hands on cooking lesson with our incredible chefs |
| • Low Calories menu (Health combines with taste without the calories) |
| • Nutrient-Dense Vegetarian cuisine |
| • Energy boost breakfast |
| • Detox Smoothies package |
| • Glowing Smoothies package |
| • Morning Elixir package |
| • Natural protein shakes, superfood snacks & fresh juices |
| • Anti - Aging Herbs and Supplements |



Eudemonia Face & Body Treatments

- | |
|-----------------------------------|
| • Face Lift Cosmetic Acupuncture |
| • Facial, Head and Body Treatment |
| • Neck Shoulders and Lower Back |
| • Detox Foot Mask |
| • Healing Treatment |



Eudemonia Body Training

<ul style="list-style-type: none">• Tailor made Personal Training	<ul style="list-style-type: none">• Stretch & Mobility Classes
<ul style="list-style-type: none">• Wellness/Fitness consultation and assessment	<ul style="list-style-type: none">• TRX Training
<ul style="list-style-type: none">• Athletic Personal Training	<ul style="list-style-type: none">• SUP / Fitness Training
<ul style="list-style-type: none">• Family Training	<ul style="list-style-type: none">• Hiking - Cycling experience
<ul style="list-style-type: none">• Small Group Training	<ul style="list-style-type: none">• Kitesurf Lessons
<ul style="list-style-type: none">• Swimming	<ul style="list-style-type: none">• Outdoor Training
<ul style="list-style-type: none">• Aqua Training	<ul style="list-style-type: none">• Strength Training



Eudemonia Mind Training

- | |
|-----------------------------------------|
| • Personal Meditation sessions |
| • Noon Mindfulness and Nature Exercises |
| • Pre - Kitesurf Mindfulness Meditation |
| • Morning or Noon Yoga Classes |
| • Acupuncture for Hangover |
| • Reflexology instead of stress |
| • Morning Elixir package |



Eudemonia Signature Massage

- | |
|-----------------------------------------|
| • Deep Tissue Massage |
| • Couple Massage |
| • Aroma Holistic Massage |
| • Aromatherapy Balancing Massage |
| • Deep Relief Massage |
| • Natural Oil Olive Massage |
| • Prenatal Massage |
| • Traditional Therapy Thai Yoga Massage |





**"BEHAVIOR
CHANGE"
CAMPAIGNS**

"MOVEMENT" CAMPAIGNS

1. "Stay Active" campaign
2. "Standing vs Sitting" campaign
3. "Posture Perfect" campaign
4. "Good to the Bone" campaign
5. "Back Pain - Eye Strain" campaign
6. "Get Fit" Day campaign
7. "Stretching and Recovering" campaign



"HEALTHY EATING" CAMPAIGNS

1. "Sugar Busters" campaign
2. "Good Fat, Bad Fat" campaign
3. "Rethink your Drink" campaign
4. "Food Makeover" campaign
5. "Reading Nutrition Labels" campaign
6. "Hydration" campaign
7. "Skip the Fast Food" campaign
8. "Nutrition Mistakes" campaign



"EMOTIONAL HEALTH" CAMPAIGNS

1. "Stress Free" campaign
2. "Balance it All" campaign
3. "Breathing and Flow" campaign
4. "Create your Calm" campaign
5. "Take Care of You" campaign
6. "Refresh and Focus" campaign



TRUSTED BY LEADING COMPANIES



TRUSTED BY LEADING COMPANIES



MOTOR OIL HELLAS

"Συνεργαζόμαστε με την Eudemonia Wellness από το 2016 με απόλυτη επιτυχία αφού με τη βοήθεια της η Motor Oil Hellas κατάφερε να ενθαρρύνει τους εργαζομένους της να υιοθετήσουν την σωματική δραστηριότητα και τον υγιεινό τρόπο ζωής μέσα στον εργασιακό χώρο και να συνηθιστοποιήσουν έμπρακτα την αξία τους στην πρόληψη και την ενίσχυση της υγείας μας. Η Motor Oil Hellas συνεχίζει δυνατά την προσπάθεια της και η Eudemonia Solutions βρίσκεται δίπλα της για να την καθοδηγήσει με τον καλύτερο δυνατό τρόπο".

Fanis Voutsaras

HR Director Motor Oil Hellas.



TRUSTED BY LEADING COMPANIES



ERGO HELLAS

"Οι ανθρωποί μας είναι η κινητήριος δύναμη της επιτυχίας μας και για αυτό δίνουμε ιδιαίτερη βαρύτητα σε προγράμματα Wellness που στοχεύουν στη δημιουργία μίας κουλτούρας που προάγει την υγεία και ευεξία σε όλους τους εργαζόμενους και συνεργάτες της εταιρείας μας. Η Eudemonia Solutions μας ενέπνευσε από την πρώτη στιγμή, δημιουργώντας ένα περιβάλλον εμπιστοσύνης βασισμένο στην εμπειρία, την γνώση και την προσέγγιση όλης της ομάδας των επαγγελματιών της. Πρόκειται για μια συνεργασία με πολλά οφέλη και μέλλον".

Elisavet Kokkinou

HR Manager ERGO Hellas

ERGO

TRUSTED BY LEADING COMPANIES



RECKITT BENCKISER HELLAS

"Ξεκινήσαμε την συνεργασία μας με την Eudemonia Wellness φέτος με μία σειρά προγραμμάτων άθλησης και ευεξίας στο πλαίσιο του προγράμματος Well being της εταιρείας μας και ομολογώ ότι είμαστε ενθουσιασμένοι. Από την πρώτη στιγμή κατάλαβαν το προφίλ μας, προτείνοντάς μας καινοτομικές δράσεις τις οποίες μπορούσαν να υποστηρίξουν όλοι οι εργαζόμενοι, αλλά και κατά την υλοποίηση αυτών η γνώση, η εμπειρία και η συνέπεια όλης της ομάδας της Eudemonia Solutions συνέβαλαν στην δημιουργία ενός υγιούς και ευτυχισμένου ανθρώπινου δυναμικού".

Nikos Tsakalakis

Country Manager RB Health Hellas



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