

PRODUCTS AND SERVICES



 **Healthy employees
mean a healthy
organisation!**

Capsana 
Workplace Health



Our conferences, workshops and questionnaires

This document presents the main tools we have developed to help you improve the health of your organisation. Whether to guide you in a structured global approach (physical and mental health, work environment, work-life balance, and management practices) with health questionnaires that can identify the needs and interests of your employees, or to provide interventions focused on a specific need, we have the product you need.

+ PHYSICAL ACTIVITY



+ NUTRITION



GET MOVING!

Find out how to **use physical activity as a powerful remedy** to many modern diseases such as diabetes, hypertension and depression. Moreover, you will learn how to choose the best exercise and intensity to lose weight. To improve your performance, our kinesiologist will share **the best tips on how to persevere and optimize results**.



OPTIMIZE YOUR WORKOUT

Debating whether you should try interval training or continue with good old continuous cardio workouts? You might be surprised to learn that both yield similar results in terms of cardiovascular improvement. Our kinesiologist will answer all your questions and give you the tools to optimize your workouts.



EAT RIGHT FOR YOUR HEALTH AND HAPPINESS

Discover the **basic principles of good nutrition** and adopt easy ways to improve your eating habits. Lots of tools and tips are on the menu!



THE POWER OF PROTEIN

Not all proteins are created equal. We will share our **top sources of protein and how to prepare them**. Our goal is to inspire you to eat better so it's a pleasurable experience that also helps give you more energy, better manage your weight, improve your athletic performance, and maintain muscle mass as you age.



NUTRITION AND PHYSICAL ACTIVITY



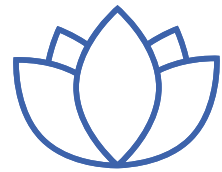
WHEN THE SCALE DOESN'T MEASURE UP

This conference features the perfect duo: a nutritionist and a kinesiologist. The goal is to give you all the necessary tools to **better manage your weight** and debunk common myths. Our experts will uncover paradoxes and obstacles to successful weight management.





MENTAL HEALTH



MENTAL TOUGHNESS

Did you know that there is a set of attitudes and skills that enable us to face stressful situations with courage, motivation and resourcefulness? This is what we call “mental toughness”. **Learn how you can develop yours** and how to influence your biology, your hormones and your neurotransmitters to promote your body's optimal performance, by means other than medication.



INTRODUCTION TO MINDFULNESS

We have access to all kinds of information at once and our thoughts are more and more scattered. Mindfulness is an excellent way to regain control. We can make it a part of our daily lives and practice it anywhere and at any time (in traffic, during meetings, at the grocery store, at the hospital, when washing the dishes, walking, eating, etc.). Its benefits increase with use!



MINDFULNESS 201: “R.O.C.” SOLID A SERIES OF THREE MINDFULNESS WORKSHOP

Delve deeper into the concepts featured in the introductory workshop by learning how to **Relax, Observe and Connect** with your surroundings and your inner world, every day.



HAVE YOU LOST YOUR BALANCE?

The aim of this conference is to help you **learn more about common mental illnesses**, signs and symptoms to look out for, youth mental health, treatment options to promote the return to work, and more.



COPING WITH CHANGE THROUGH RESILIENCE: THE ART OF BOUNCING BACK

Change is a constant in our personal and professional lives. Becoming resilient means **using personal strategies to better adapt to change** during turbulent times and to use these opportunities to grow and evolve in a positive manner. Resilience is the capacity to bounce back and rebuild in a healthy way following a disruptive event such as a change of employment, restructuring, the loss of a colleague or an important event in your personal life.



STRESSED OUT? REGAIN CONTROL! AND STRESSED? I'M TAKING ACTION!

These two fun and practical workshops offer **helpful tools and tips to better understand and manage stress**.



STRESS QUESTIONNAIRE

In small doses, stress improves our performance. But when it becomes overwhelming, our health can suffer. **Help your employees take stock of their stress level and give them ways to manage it.**



GLOBAL HEALTH



NEW! **HYPERCONNECTIVITY AT WORK - ONLINE PRESENTEEISM**

With the evolution and multiplication of applications and online information networks, we are inclined to believe that productivity requires HYPERCONNECTIVITY. But the reality is quite different. We will share information on this recent phenomenon and give you the tools to **avoid the pitfalls and harmful effects of being hyperconnected**, both at work and at home.



ACTIVATE YOUR HEALTH!

Learn about all the **personal benefits** of adopting sound physical and mental health practices.



FROM INTENTION TO ACTION

Go from wishful thinking to taking action. Good habits are much easier to adopt when we choose a personal and realistic goal to help **maintain motivation long enough to internalize a new behaviour**.



READY, SET, WALK!

Walking is an excellent way to overcome physical inactivity and enjoy the benefits of being healthy. Why not **take the first step today?**



CANCER, TO LEARN A LITTLE MORE

Everyone has been affected by cancer in some way, but nobody really understands it. This conference covers **risk factors, screening, symptoms and treatment**.



RESTFUL SLEEP TO FILL UP ON ENERGY

This conference breaks down and explains the science of **sleep**. It also addresses the importance of regular **relaxation techniques** to better manage stress and promote recovery.



HEALTH QUESTIONNAIRE

This confidential questionnaire conforms to the requirements of the Healthy Enterprise standard. It provides your employees with a **personal health score and a detailed evaluation** of their lifestyle habits such as their nutrition, physical activity, tobacco, alcohol and cannabis use, screen and Internet management, stress and sleep. (Free optional sections on management practices, work environment and work-life balance are also available.)

Our health questionnaire provides immediate screening and quick intervention for individuals who are at risk for mental health problems.



HEART HEALTH QUESTIONNAIRE

Is the average age of your employees 40 or over? **Help them find out if their cardiovascular health is at risk** with this questionnaire, which takes into account many factors, such as genetics, tobacco use, cholesterol level and physical activity.





MANAGEMENT PRACTICES



FOR MANAGERS



FROM DOCTOR'S NOTE TO RECOVERY, A PSYCHOLOGIST'S POINT OF VIEW: WHAT ARE THE DIFFERENT STAGES OF RECOVERY?

- Following a diagnosis, what stages will your employee face?
- How can we help managers and work colleagues better understand the reality of mental illness?
- What is the manager's role during the recovery process? **When and how to act?**
- How does prejudice impact people suffering from mental illness?



HEALTHY MANAGEMENT PRACTICES TO PREVENT ABSENTEEISM

What can we do so that employees are happier, more effective and have better attendance?

This workshop will give you and your colleagues insights.



MANAGING WORK ATTENDANCE TO SUPPORT HEALTHY PERFORMANCE

To what extent **are your managers equipped to deal with absenteeism and presenteeism and to generate health in their teams?** An invaluable opportunity for a discussion between colleagues on the importance of managing attendance at work with courage.



MANAGING CHANGE THROUGH RESILIENCE: THE ART OF BOUNCING BACK

Change is a constant in our personal and professional lives. **Management strategies can facilitate change** during turbulent times and help your employees use these opportunities to grow and evolve in a positive manner to become resilient. Resilience is the capacity to bounce back and rebuild in a healthy way following a disruptive event such as a change of employment, restructuring, the loss of a colleague or an important event in our personal life.



AND SO MUCH MORE!



HEALTH KIOSKS



SMOKING CESSATION IN THE WORKPLACE



SCREENING CLINIC



HEALTH COACHING
(IN GROUPS OR PRIVATELY)



**HEALTHY ENTERPRISE
CERTIFICATION
CONSULTING SERVICES**



**PREVENTIVE HEALTH
ASSESSMENT**



PODCASTS



“STAY ACTIVE AT WORK” CIRCUIT



HEALTH TALKS (HEALTH BREAK LED
BY A PROFESSIONAL. AVAILABLE AS A
WEBINAR.)



SLEEP ZONE



**PHYSICAL FITNESS
EVALUATION**



CLIPS (VIDEO OR WRITTEN)



**CONTENT ADAPTATION,
CREATION AND
FORMATTING**



Our content can be presented as conferences, discussion workshops, videos and videoconferences. These vary in length between 45 minutes to 3 hours, and are suitable for groups of all sizes. Please note that for some practical workshops, we recommend smaller groups to ensure they are fully interactive and effective.



For more information, contact
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Our global approach to workplace health and well-being

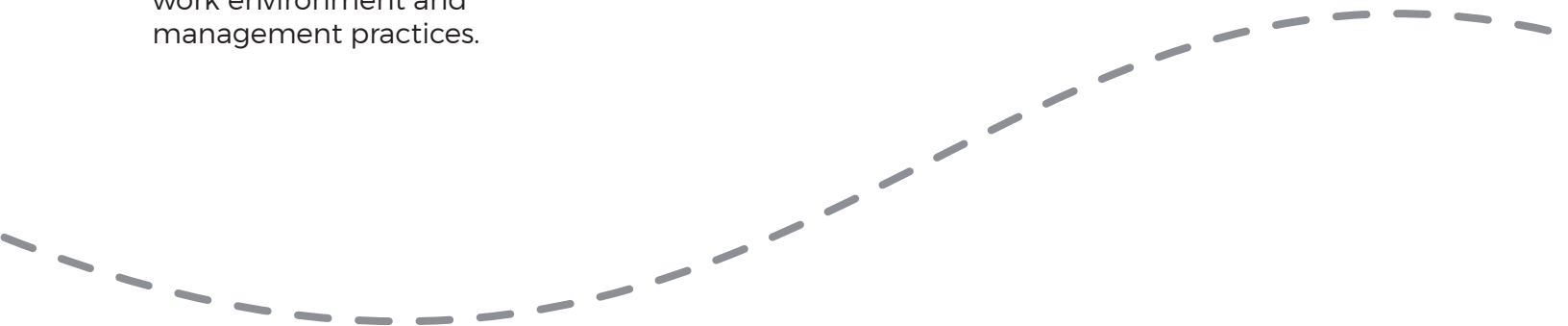
Our global approach to workplace health and well-being gets you results, whatever the size of your organization.

We will provide a communication plan to promote the activities and interventions chosen and improve the participation of your teams.

Our tailored activities, interventions and support can focus on your organization, your employees, the work environment and management practices.

Above all, we provide credible content created and delivered by a multidisciplinary team of health professionals.

Our team of physicians, nutritionists, kinesiologists, nurses and psychologists all have the same goal: address your needs and help your employees take an active role in their health.



5 good reasons to choose Capsana



Credible
content



A global
approach



A team of
experts



Dynamic
solutions



Proven results





Capsana, a pioneer in Quebec in workplace health with over 25 years of expertise in the field, is a social enterprise owned by the Épic Foundation, which is associated with the Montreal Heart Institute, and the Fondation PSI. The company's mission is to help individuals take an active role in their health. Capsana is also behind the following public campaigns: the Health Challenge, the Quit to Win! Challenge, Smoke-Free Family and Pause: screen-free time.

OUR PARTNERS

