

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



GET MOVING!

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

- Effects of physical inactivity and musculoskeletal effects
- Benefits of physical activity on mental health
- How to get moving
- Have you heard of exercise breaks?
- Workout tips and tricks for all levels



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.



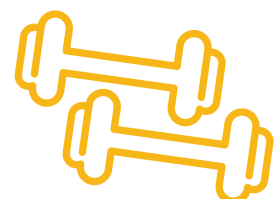
ACTIVE AT WORK PODCASTS

About 14 minutes each

Hosted by a health professional (kinesiologist). These podcasts come with an explanatory pdf with illustrations.

Levels:

- ZEN
- YOU CAN DO IT
- FEEL THE BURN



+ NUTRITION



EAT RIGHT FOR YOUR HEALTH AND HAPPINESS!

Looking to eat well, but are short on ideas? Need someone to spill the beans about quinoa and edamame? Do nutrition labels give you a headache? The aim of this conference is to teach you all the basic principles and simple ways to improve your eating habits!

ON THE MENU

- Ready, set, test your knowledge!
- Eating a balanced diet
- Discovering “super” foods
- Demystifying nutrition labels
- Question period

An excellent opportunity to get all the answers to your questions!



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.

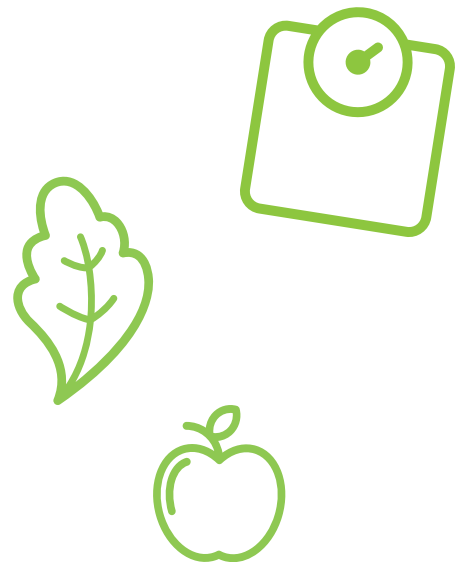


NUTRITION AND PHYSICAL ACTIVITY

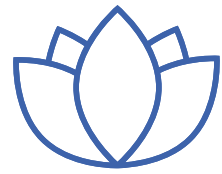


WHEN THE SCALE DOESN'T MEASURE UP!

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.



“R.O.C.” SOLID A SERIES OF THREE MINDFULNESS WORKSHOPS

How to live mindfully every day. These three practical workshops give you tips, tricks and tools to better live in the present moment with this “**ROC**” solid trilogy.

Relax: We act out of habit, we follow the rules, and we give our all. We often live on autopilot. Interested in learning how to slow down? One thing at a time!

Observe: We analyze, we judge, we criticize, and we impose rules on ourselves. We end up overworked and exhausted. Learn how to take the time to observe the world around you, take a step back, and develop a brand-new mindset.

Connect: Connect with yourself! Personal accomplishment, self-esteem, confidence, love, and a sense of belonging are the focus of this third part.



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!



HAVE YOU LOST YOUR BALANCE?

Learn more about mental health with this conference.

- Are you balanced?
- The dimensions of psychological well-being
- Understanding mental illness better

Several topics will be addressed to demystify and destigmatize various conditions:

- Mood disorders: Depression, burnout, and bipolar disorder
- Anxiety disorders: Generalized anxiety disorder, panic, phobias, OCD
- Youth mental health



COPING WITH CHANGE THROUGH RESILIENCE: THE ART OF BOUNCING BACK

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 ability to bounce back and rebuild in a positive way following a disruptive event.

According to the company context (pandemic, restructuring, moving, change of position, continuous development, etc...), this interactive conference will help participants cope better with change. Participants will be asked to work in large groups and alone.

MENTAL HEALTH



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

These two fun and practical 60-minute workshops offer **useful tips and tools to better understand and manage stress.**

The **first workshop** explores cognitive defusion techniques. How to stop that hamster wheel of stress from spinning. Demystifying perception. The word RADAR will be used in the 2 workshops.

- **R**elease (releasing a breath before processing your emotions)
- **A**nalyze (take a breath before taking the action... of analyzing!)
- **D**istance (how to take some distance from a situation)

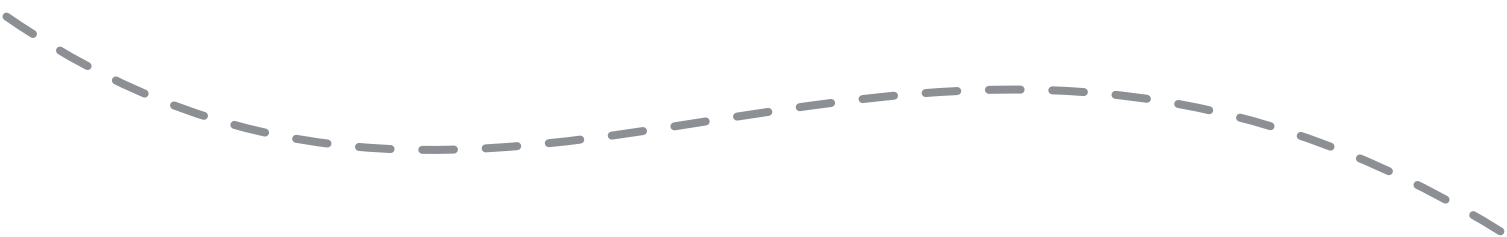
The **second workshop** will help you consolidate what you've learned in the first one. Two letters will be added:

- **A**ction and **R**eflection (how to take action in a more relaxed way)
- Identifying your needs and values
- Exercising your creativity and going for it!



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



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.

- The phenomenon and its omnipresence
- Its various impacts on health
- Hyperconnectivity at home and how to manage it
- Hyperconnectivity at work and its impacts (positive and negative)
- Advice on productivity at work in the context of your connected daily life*
- How to manage in remote-work mode

**Option: How this applies to my role as a manager.*



ACTIVATE YOUR HEALTH!

The aim of this conference is to raise participants awareness of the importance of self-care to improve performance at work and at home, and to encourage them to enjoy their work environment. During this conference, we will cover all the aspects related to good health (body, heart, and mind) in a dynamic, practical and interactive way (exercises, video, reflection, relaxation technique, mindfulness) to ensure a better grasp of the concepts.



THE POWER OF OUR LIFESTYLE HABITS FOR PREVENTION

In this conference, Dr. Martin Juneau, a renowned cardiologist at the Montreal Heart Institute as well as a researcher, professor, author, and scientific popularizer, will convince young and old that our lifestyle habits are key determinants of our quality of life.

In this 60-minute overview, Dr. Juneau will present scientific evidence that clearly establishes the benefits of a healthy diet, a smoke-free life, and physical activity for the prevention of many chronic diseases. In addition to finding out more about the concrete ways to protect against diseases and improve their quality of life, participants will have the unique opportunity to ask their questions at the end of the conference.

Offer your employees a conference that will truly motivate them to go from intention to action!



FROM INTENTION TO ACTION

We often know what we need to do for our health, but... we don't do it. Why? How can we keep our commitments to live a healthier life? A psychologist at Capsana will share winning strategies to help you "walk the talk"! The conference will include tools and exercises to help you keep your promises.



+ GLOBAL HEALTH



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 presented by a doctor and a psychologist will help you sleep better. They will explain and break down the science of sleep.

- What to do to sleep better?
- Understanding sleep and its psychological and physiological impacts in the context of confinement
- How to manage insomnia
- Which health professional to consult and when
- Treatments
- Medication

You will come out armed with practical tips and tricks to improve your sleep quality.



HEALTH QUESTIONNAIRE

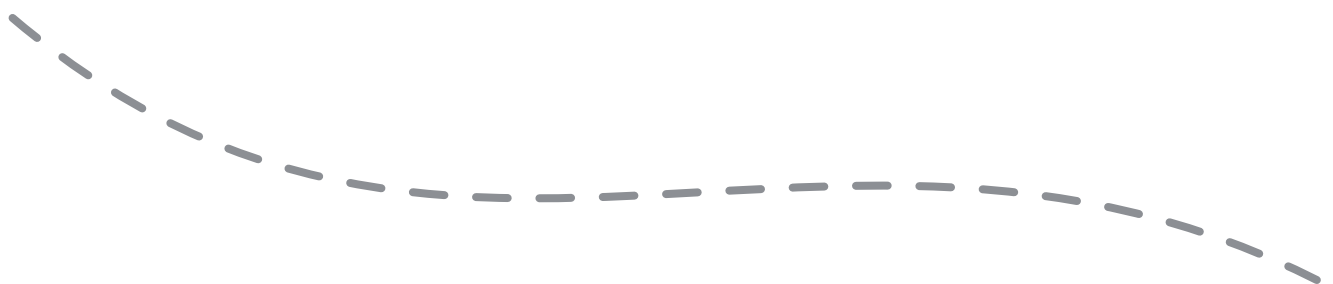
This confidential questionnaire conforms to the requirements of the Healthy Enterprise standard. It provides your employees with a **personal health score and a detailed evaluation** of their lifestyle habits such as their nutrition, physical activity, tobacco, alcohol and cannabis use, screen and Internet 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

THREE-HOUR WORKSHOP (ALSO AVAILABLE IN TWO 90-MINUTE SESSIONS).

To what extent **are your managers equipped to manage situations of absenteeism and presenteeism** and foster health **within their teams**? An invaluable opportunity to discuss with colleagues the importance of deftly managing work attendance both in the workplace and in a context of remote working.



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 for change to grow and evolve in a positive way 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.



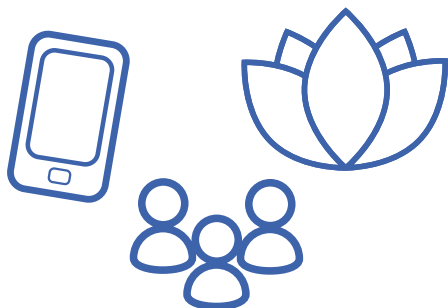


MENTAL HEALTH

▶ **HOW TO RECOUP DURING YOUR SUMMER VACATION?**

(about 20 minutes)

Video Capsule with a psychologist
(Marie Christine Larocque)



PHYSICAL ACTIVITY

▶ **WORKOUT**

Video Capsule with a kinesiologist
(Claudia Labrosse)

▶ **ACTIVE WITH YOUR KIDS**

Video Capsule with a kinesiologist
(François Raymond)

▶ **NATURE LOVERS**

Video Capsule with a kinesiologist
(François Raymond)

▶ **ATHLETES**

Video Capsule with a kinesiologist
(François Raymond)

NUTRITION

▶ **HOW TO AVOID MULTIPLE TRIPS TO THE GROCERY STORE BY RETHINKING HOW WE SHOP**

Video Capsule with a nutritionist
(Shauna Lindzon)

▶ **REINVENTING YOUR VACATION IDEAS FOR GOURMET PLEASURES**

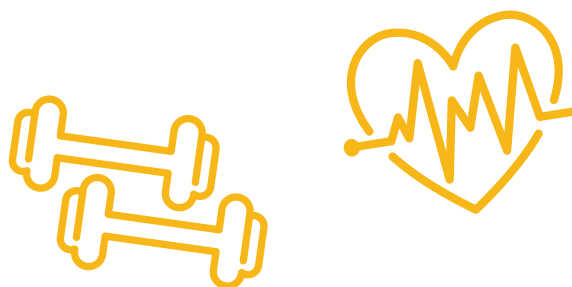
Video Capsule with a nutritionist
(Shauna Lindzon)

▶ **LUNCH BOX**

Video Capsule with a nutritionist
(Julie DesGroseilliers)

▶ **MAXIMIZE YOUR DAILY ENERGY**

Video Capsule with a nutritionist
(Julie DesGroseilliers)



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



PLANISAN



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.

Capsana 
Workplace Health

For more information, contact **Isabelle D'Aoust**, Senior Director, Finance, Administration and Workplace Health
514 985-2466, ext **232**, or
idaoust@capsana.ca

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 30 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: TOUGO, the Quit to Win! Challenge, Smoke-Free Family and Pause: screen-free time.

OUR PARTNERS

