

Why Choose Unity?



Why Choose Unity Wellness Group?

- The benefits of our programs are measureable, practice-proven and deliver many health and cognitive benefits
- Our programs are popular! Employee surveys rank yoga and meditation as some of the most popular wellness programs
 - > *Over 40% of non-practicing population over 18 years old has expressed an interest in yoga and meditation
- Our programs are extremely effective at reducing stress
 - > Employees are stressed with many listing work as their main source of stress
 - > Chronic stress leads to weakened immune system, illness and costly productivity expenses of increased absenteeism and presenteeism
- Our programs focus on prevention of costly and common health issues
 - > All of our programs were developed based on research
- Our programs focus on changing behavior long term
- We make good partners
 - > Our business sense, passion, wellness knowledge and results-driven focus make us a great partner
- We have the ability to customize content to increase relevancy and results
- Offer wide range of programs that appeal to varied interests of your workforce. We have something for everyone
 - > Stress reduction, leadership, cognitive enhancement, disease and pain management, weekly yoga and meditation classes