



KARRATHA

Central Healthcare

Wellness Programs



Karratha Central Healthcare has a team of accredited health professionals who can help to improve the health and well being of your workplace through the delivery of evidence-based, tailored programs. Investing in your staff's physical and mental health is pivotal to a productive and safe workplace.

Improvements in
your staff's health
and wellbeing will
result in...

Increased
productivity

Increased worker
concentration
and energy levels

Decreased
number of
sick days

Safer
workplace

Increased
staff retention

We can provide:

- A holistic approach to wellness through a multi-disciplinary team: Registered Psychologist, Registered Podiatrist and Accredited Practicing Dietitian
- We can travel to you and provide: group education, newsletter articles, toolbox talks, cooking demonstrations, interactive seminars, menu analysis and much more
- Individual follow-up consults, telehealth service packages
- Competitive and flexible pricing

Program topics that can be adapted to your workplace:

- Healthy eating for a happy, healthy and productive workplace
- Preventing chronic diseases and decreasing sick days
- Goal setting to meet individual and team goals
- Busting nutrition myths
- Daily nutrition in the workplace: fighting fatigue and increasing performance
- Nutrition and shift and FIFO workers: meal preparation, tips and recipes

Karratha Central Healthcare acknowledges the Ngarluma People as the traditional custodians of the lands that we operate on within the City of Karratha. We respect the cultural connection that Ngarluma families have to these ancient lands.



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