The Health and Wellness Unit offers a wide range of workplace-based health programs to improve health and wellness of employees.

These are conducted with the objective of promoting a healthy lifestyles in the work environment by enhancing employees' health and increasing staff productivity.

Our team consists of leading clinicians in the fields of Endocrinology, Psychology, Nutrition, and Exercise & Sports Medicine.

We offer a comprehensive range of health talks, workshops and health screening, from general health, mental health, diet and nutrition, and fitness and exercise.

Apart from our regular programmes, companies can contact us for customized programs too.

If you are interested, please contact:

Academic Coordinator

Dr. Ranil Jayawardena

Faculty of Medicine, University

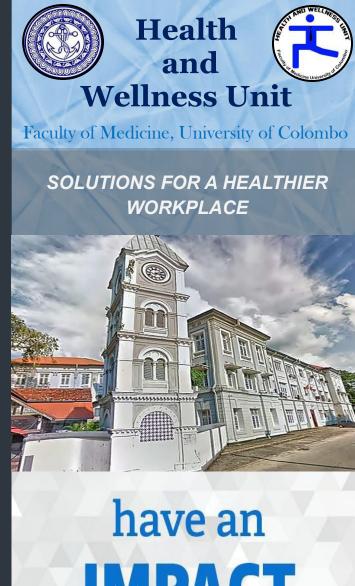
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have an IMPACT make a DIFFERENCE

CAUSES OF AN UNHEALTHY LIFE STYLE

Unhealthy diet

High personal expectations

Stress



No worklife balance

Inactivity

Technology

Workload

Employer Benefits

- Reduces employee turnover
- Decreases absenteeism
- Reduces ergonomic-related stresses
- Reduces aches, pains and stress levels
- Increases mental clarity and focus
- Increases productivity
- Supports team building
- Improves leadership
- Reduces healthcare costs

Employee Benefits

- Improves health and well-being
- Higher morale and greater job satisfaction
- Increases productivity
- Lessens workplace-related stress
- Reduces personal healthcare costs
- Increases awareness and knowledge of ways to improve health

OUR MAIN SPECIALITIES

OUR EXPERT PANEL

General Health

- Cardiovascular Risk Reduction
- Diabetes
- Osteoporosis
- Women's Health
- Diseases of the Thyroid Gland

Mental Health

- Professionalism and Emotional Intelligence
- Stress Management
- Workplace Harassment
- Skillful Parenting
- Skillful teaching

Diet and Nutrition

- Healthy Eating
- Obesity and Weight Reduction
- Diet for Heart Diseases
- Diet for Diabetes
- Diet for Sports Personnel

Exercise and Fitness

- Active Life for Beginners
- Building Fitness for Regular Exercisers
- Good Posture
- Relaxing

Sexual Health

- Secrets of a Happy Family Life
- Sexuality in Midlife and Beyond
- Sexual Happiness for Better Productivity
- Male Sexual Problems and Solutions
- Female Sexual Problems and Solutions
- Sexuality During Pregnancy and Breastfeeding



Prof Piyanjali de Zoysa

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Dr Piyusha Atapattu

Clinical Nutritionist

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Dr Chathuranga Ranasinghe

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Lecturer and PhD Scholar in Sports
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Dr Sachith Abhayarathna

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Dr Lasantha Malavige

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