

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 Nutrition, Psychology, and Exercise & Sports Medicine.

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

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

If you are interested,
please contact:

Academic Coordinator
Prof. Ranil Jayawardena
Faculty of Medicine
University of Colombo

Unit Coordinator
Kalani Weerasinghe
075-5274651

Hasini Ruweeka
071-3926088

hwu@med.cmb.ac.lk



No. 25
PO Box 271
Kynsey Road
Colombo - 08
Sri Lanka



Health and Wellness Unit



Faculty of Medicine, University of Colombo

**SOLUTIONS FOR A HEALTHIER
WORKPLACE**



have an
IMPACT
make a
DIFFERENCE

CAUSES OF AN UNHEALTHY LIFE STYLE



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

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



OUR EXPERT PANEL



Prof. Ranil Jayawardena
MBBS, MSc, PhD, HND, Nutr (SLMC), RNutr (UK), Rnutr (Aus)
Professor in Nutrition and Clinical Nutritionist



Prof. Chaturanga Ranasinghe
MBBS, CTHE (Col), SEDA (UK), Diploma in Sports Medicine, PhD in Sports Medicine and Clinical Exercise Physiology
Professor in Sports and Exercise Medicine.



Dr. Chathurie Suraweera
(Consultant Psychiatrist) Senior Lecturer, Department of Psychiatry
Faculty of Medicine, University of Colombo.



Dr. K.P. Chamila Dalpatadu
MBBS, MD, PgDip(Gastroenterology)UK, CTHE, SEDA
Honorary Consultant Physician (Navy General Hospital)
Senior Lecturer Department of Physiology
Faculty of Medicine, University of Colombo, Sri Lanka.



Dr. Nilanka Anjalee Wickramasinghe
MBBS (Col), M.Sc. Human Nutrition, PG. Cert Med Ed. SEDA (UK)
Lecturer Department of Physiology
Faculty of Medicine, University of Colombo.