



AMERICAN
UNIVERSITY OF BEIRUT
MEDICAL CENTER
لمركز الطبي في الجامعة الأميركية في بيروت

HEALTH AND WELLNESS CENTER

Strategic Wellness Solutions for Thriving Businesses





Transform Your Workplace with Corporate Wellness

Your employees deserve more than just a desk and a paycheck. They need energy, focus, and balance to thrive—and that is where we come in. At the AUBMC Health and Wellness Center, we do not just create wellness programs; we design transformative experiences that energize employees and elevate companies to new heights.

Your employees are your greatest asset. When they feel energized, focused, and balanced, they don't just perform—they thrive. At the **AUBMC Health and Wellness Center**, we create personalized, research-backed wellness solutions that inspire healthier employees and stronger organizations.

Why AUBMC Health and Wellness Center is Your Perfect Partner



1. Pioneering Expertise

Leverage the knowledge of **world-class specialists** in lifestyle medicine, mental health, nutrition, smoking cessation, and more. Backed by AUBMC's leadership in healthcare, our programs are rooted in science and clinical excellence.



2. Tailored to Your Team

No cookie-cutter programs here. We design wellness initiatives around **your team's unique needs**, ensuring results where they matter most—improving health, performance, and morale.



3. Proven Results, Measurable Impact

From increasing productivity to reducing absenteeism, our programs deliver **tangible, measurable benefits** that enhance your bottom line and people's lives. **Holistic, 360° approach:**

- We address all **eight dimensions of wellness:** **Physical, Intellectual, Financial, Spiritual, Environmental, Emotional, Social, and Occupational.** Because true wellness is comprehensive.

Our team of dedicated experts brings a wealth of knowledge and experience to every wellness program we deliver:

Our Services: Effective, Engaging, and Evidence-Based

Our Comprehensive Wellness Offerings



1. Emotional and Mental Wellness

- **Mindfulness-Based Stress Reduction (MBSR):** Comprehensive 8-week or 5-week programs to improve focus, emotional balance, and resilience.
- **Reset & Revitalize in Times of Crisis:** Practical coping strategies to address mental health challenges during stressful periods.
- **Breathwork and Mindfulness Practices:** Guided sessions to relieve stress, enhance focus, and promote instant calm.
- **Art and Narrative Therapy:** Expressive approaches to emotional well-being through creativity and storytelling.
- **Sound Therapy:** Relaxing, harmonizing techniques to align mind and body for deeper relaxation.





2. Physical Wellness

- **Smoking Cessation Program:** Effective strategies to quit smoking and improve overall health.
- **Ergonomics for a Healthy Workplace:** Workshops to optimize workspaces and prevent musculoskeletal injuries.
- **Spinal Health and Posture Workshops:** Practical tips to reduce back pain and enhance spinal well-being.
- **Mindful Eating & Nutrition Tips:** Sessions to foster healthier eating habits and cultivate awareness around food choices.
- **Interactive Cooking Workshops:** Hands-on experiences in creating delicious and nutritious meals.
- **Health Screening Campaigns:** On-site health checks for blood pressure, glucose levels, etc.
- **Embracing a Healthy Lifestyle:** Practical strategies for sustainable wellness.
- **Sleep Health Program:** Learn the science of restful sleep and practical ways to enhance sleep quality.



3. Social and Occupational Wellness

- **Mindful Parenting Courses:** Strategies to nurture relationships with mindfulness in parenting.
- **Mindful Leader Programs:** Build leadership skills grounded in mindfulness and emotional intelligence.
- **Mindfulness at Work:** Tools and practices to create a more productive work environment.
- **Financial Wellness:** Practical guidance on budgeting, financial planning, and achieving financial security.
- **Productivity Workshops:** Improve workplace efficiency with tools for better planning and prioritization.



4. Safety and Resilience

- **Self-Defense Classes:** Empower employees with practical safety techniques to boost confidence and personal security.
- **First Aid and CPR Training:** Equip participants with life-saving skills for emergencies.
- **Resilience and Thriving Workshops:** Techniques to develop a growth mindset and thrive in the face of adversity.



5. Movement and Nature-Based Wellness

- **Yoga, Tai Chi, and Meditation Classes:** Gentle yet powerful practices to revitalize energy, improve focus, and reduce stress.
- **Outdoor Retreats at AUB-AREC:** Reconnect with nature through mindfulness activities in serene environments.
- **Nature Therapy Programs:** Guided plant tours, gardening sessions, and birdwatching to foster balance and relaxation.

Get your workforce moving and motivated!





Gallery of the Health and Wellness Center



THE IMPACT

A Ripple Effect of Wellness

- **Peak Productivity:** Healthier employees deliver better results, every day.
- **Lower Costs, Higher Value:** Preventive care reduces long-term healthcare expenses.
- **Enhanced Workplace Culture:** A commitment to wellness fosters loyalty, engagement, and team morale.
- **Thriving Teams, Thriving Business:**
When employees are healthier, happier, and sharper, your company grows stronger.

Let's Build a Healthier Future TOGETHER

Transform your workplace with wellness programs that work.

Join leading organizations that are investing in their people's well-being—and thriving because of it.

Contact Us Today

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