



Workforce Wellness Program

WELLNESS ROOM

A tranquil place created with special tools to customize your experience in achieving deep relaxation, meditation, and mindfulness.

Mindful Chair™

Mindful Chair meditation technology provides effortless meditation benefits. Just sit back and experience the benefits. When it is time to perform at your best, the meditation chair quiets the busy mind and mental distractions, provides deep relaxation and stress reduction, provides valuable recovery, and teaches how to be in the moment to achieve peak performance.

Alpha-Stim M

Get quick, sustainable relief from acute, chronic, and post-traumatic pain, while also treating other conditions often associated with pain (including anxiety, insomnia, and depression).

Alpha-Stim AID

This form of Alpha-Stim is a noninvasive, safe, and effective form of neurostimulation that can be performed by a trained staff member or the patient themselves. It sends very tiny electrical signals into the brain by electrodes attached to the ears. The electrotherapy stimulation device quickly and safely relieves symptoms of anxiety, insomnia, and depression without depending on medication.

PandoraStar Light

PandoraStar is an advance light machine featuring 12 stroboscopic LEDs that offers a fast, safe and easy way to reach deep relaxation states.

Additional Resources for Comfort

- Weighted blanket
- Non-weighted blanket
- Neck Pillow
- Eye Mask
- Aromatherapy (Lavender, Lemon, Eucalyptus, Orange)

MAKE WELLNESS A PRIORITY!

Contact us for more information:

 **7500 Viscount Blvd, El Paso TX 79925 Suite 298**

 **915-213-0589**

 **endeavors.org/workforce-wellness-program/**