

Designing a Healthy Workday - One day Healthcare Workshop

04 April 2026 10:00 AM - 04 April 2026 05:00 PM

Brief Overview:

MMA's Flagship - Designing a Healthy Workday - One day Healthcare Workshop

Date : 04-04-2026, Saturday

Time : 10:00 AM - 5:00 PM.

Venue : Madras Management Center, Chennai

Modern corporate work environments significantly influence lifestyle choices related to food, movement, and mental well-being. These daily choices cumulatively impact energy levels, productivity, focus, and long-term health outcomes such as diabetes, obesity, musculoskeletal issues, and chronic fatigue.

This one-day experiential workshop is designed to help corporate professionals understand how everyday workplace behaviours affect health—and more importantly, how to make practical, realistic lifestyle improvements within a demanding work environment.

The program integrates nutrition, physical movement, and mental wellness, combining simple science with hands-on activities to ensure high relevance and immediate applicability.

Session content:

- 1. Lifestyle & Lifestyle Disorders – Connecting the Dots**
- 2. Practical Corporate Nutrition**
- 3. Movement at Work – Micro-Movements That Matter**
- 4. Workplace Wellness & Mental Fitness**
- 5. Integration & Personal Action Plan**

For Whom:

- Corporate Professionals**

Managers and Team Leaders

HR and People Development Professionals

Senior Executives and Decision Makers

Professionals who want to improve workplace energy, focus and long-term health

Organisations Interested in Building Healthier, More Productive Workforces

"Across Domains and Business Functionality"

Key Takeaways:

Key Takeaways for Participants

- **Practical tools that can be applied immediately at work**
- **Improved awareness of daily lifestyle choices**
- **Simple routines for better energy, focus, and wellbeing**
- **A realistic framework for sustainable health improvement**

Facilitator profile:

Fee Details:

- **Fee Details**
- **Member amount : Rs 3540.00- (Including 18%GST)**
- **Non Member amount : Rs 0.00- (Including 18%GST)**
- **Total Member count :**