

Supporting a stronger, happier and more successful workforce



Workplace Health and Wellness

For 30 years, Curtis Health has been empowering individuals to make a positive, significant difference in their lives and corporations to foster a supportive, health focused environment in order to increase engagement, job satisfaction, a healthy culture and productivity.

Curtis Health offers comprehensive Health and Wellness services including



Fitness Centre Management



Online Integrated Health and Wellness Services



Personal Training



Assessments, Fitness Testing and Profiles



Health and Wellness Fairs



Health Coaching



Wellness Challenges



Additional Wellness Services



Speak to us today to find out what we can do for your company

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