

SERVICES DESCRIPTION

Cardea Health Consulting uses a customized framework to improve workplace engagement and retention using an age-friendly approach focused on three key areas:

- **comprehensive assessment,**
- **matching organizational goals and employee needs,**
- **tracking return on investment for employees and employers.**

We offer virtual programs, onsite training workshops, and keynote speaking. Our approach specifically addresses the unique physical, mental, emotional, and lifestyle needs for midlife and beyond.

DIFFERENTIATORS

- We are a Women's Business Enterprise certified by WEConnect International (S26842911).
- We have a diverse team of **highly qualified advisors and consultants** with specialized expertise in the aging process, menopause, psychological safety, disability management, and workplace health.
- We value and prioritize both employer and employee needs.
- We help organizations **reduce health and disability costs, improve engagement, increase retention, and reduce chronic disease risk** by using a research-driven age-friendly approach to well-being.

CORE COMPETENCIES

Age-friendly audits: We offer comprehensive reviews of the strength of your organization's "lifespan" focus on team members, by assessing employee engagement, appraising the physical environment, examining benefits, conducting policy reviews and program assessments (including physical, social, environmental, and mental health) all with an age-friendly lens.

Leadership awareness training: We offer online and in-person training, facilitated discussions, and other resources to help foster meaningful and sustainable change leading to a more aging-positive workplace.

Workplace well-being programs: We use a research-driven approach to well-being specific to midlife and older health. Our programs address menopause and ageism while helping employees feel healthier and supported, prevent burnout, and manage lifestyle stressors unique to their time of life.

Recent Clients:

TD Canda Trust
Wind, Sun, Sky Entertainment
The International Council on Active Aging
The City of Port Moody
Vancouver Coastal Health Authority

NAICS CODES

541612
525120
611430

UNSPSC CODES

60105600
60106100
85122200
85122201
85101701

