

Services Offered

Based on 5 Pillars of Wellness

Nutritional Health -- Physical Health -- Mental Wellness -- Financial Wellness -- Social Wellness

A La Carte Services vs. Comprehensive Services

*FEATURED SERVICE:

Health Advocacy Program

- Provides reliable insight and education to healthcare consumers (i.e., patients and families) instructing how to:
 - Effectively navigate the challenging healthcare system
 - Competently interact with the medical care team
 - Confidently make quality health decisions

A La Carte Services:

- **Nutritional Coach**
 - Cooking demonstrations & classes
 - Meal planning & nutrition education
 - Medical nutrition therapy
- **Certified Group Fitness Instructor & Personal Trainer**
 - Fitness assessment
 - Fitness classes (Zumba, Step, Circuit, Synergy, Dynamic Stretching, etc.)
- **Registered & Licensed Nurse**
 - Screening, vital signs, & health education
 - Health advocacy education
 - Preparing for doctor appointments
- **Certified Wellness Coach**
 - Stress management & anxiety coping
 - Burnout prevention education
- **Licensed Esthetician**
 - Education for feeding & hydrating body's largest organ (skin)
 - Onsite facials & facial massages
- **Certified Financial Counselor**
 - Daily budgeting
 - Investing education
 - Credit score tips & overview
- **Image Consultant**
 - Positive self-image & identifying personal values
 - Fitting & measurements private mini-sessions
 - Styling, wardrobe & outer image Q&A

- **Licensed Occupational Therapist**

- Daily stretching techniques to help prevent injury in the workplace
- Gentle exercises for health improvement & increase blood flow
- 5-minute neck, back, & hand massages
- Effective workplace ergonomics to assist with better posture
- Workplace ergonomic assessment

Comprehensive Services:

All comprehensive service topics are derived from A La Carte service options

- **Lunch & Learns**
 - Includes a series of health & wellness topics selected by your organization presented in group sessions over pre-arranged date(s).
- **Health & Wellness Day OR Health & Wellness Fair**
 - Includes several health & wellness topics/services selected by your organization presented and/or available over a specified block of time (greater than 1 hour) in one day.
- **Health & Wellness Week**
 - Includes several health & wellness topics selected by your organization presented in group sessions over a week's time focusing on 1-2 topics per day.
 - Topics may include verbal education, demonstrations, and/or activities.
 - Daily Topic Examples: Physical Fitness Day, Nutrition Health Day, Inner & Outer Image Day, Financial Wellness Day, Biometrics Health Day