

What We Do

We are a boutique consulting company providing customized services in health and wellness education. We believe in offering organizations access to effective, quality, and practical health and wellness knowledge to aid their group in functioning at its highest level.

At Walker Group Health & Wellness, we partner with licensed, certified, and experienced healthcare and wellness professionals to deliver valuable knowledge via group presentations, seminars, workshops, health fairs, lunch & learns, and tailored events to enhance the organization's overall health, wellness, and performance.

Our Services

Our services are based on 5 Pillars of Wellness that have been scientifically proven to enhance an individual's total well-being. As our client, you are paired with the best-fit health and wellness professional to provide tailored education to ensure your organization's goals are not only met, but we are able to assist you in exceeding your goals.

Focus on Pillars of Wellness

Nutritional Health
Physical Health
Mental Wellness
Financial Wellness
Social Wellness



Company Certifications

DBE, MBE, HUB, SPSF, NCSBE

Visit our website to access our Capability Statement
www.walkergrouphw.com



Walker Group
HEALTH & WELLNESS

To proceed with booking a session for a stand-alone A La Carte service, or to develop a comprehensive package for more than one of our services, we welcome you to contact us at 919-307-1939 or via our website at walkergrouphw.com

*Rates are fee for service or collective

*We accept credit cards, bank transfer, and checks

Serving All States

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WALKER GROUP HEALTH & WELLNESS

We Believe In Your Ability To Consciously Live Well

One Step At A Time



About Us

established since 2016

Walker Group Health & Wellness was founded by a Registered Nurse and Certified Wellness Coach with a desire to have a more profound and direct impact on the health and personal lives of others. Her greatest passion is assisting others to reach their full potential along life's journey by leaning their focus toward living a total well life.

At Walker Group Health & Wellness, we believe that every individual has the ability to live well, regardless of their age, ethnicity, gender, or socioeconomic status.

We perceive wellness as the physical body operating within normal parameters, as well as embracing a balanced life mentally, nutritionally, emotionally, socially, and financially.



Why Choose Us?

We are your high-quality network of Health & Wellness Consultants

Through our network of professionals, with over 20 years of combined healthcare and wellness experience, our dynamic team offer organizations access to an immense wealth of expert and evidence-based knowledge.

At Walker Group Health & Wellness, we understand the direct correlation between an individual's total wellness and their ability to perform daily tasks, as well as the positive impact healthy employees have on the organization's financial outcome.

We extend to you the opportunity to collaborate with our knowledgeable team of health and wellness experts in providing life-changing seminars, workshops, and tailored events for your organization.

Our Team

Registered Nutritionist
Certified Group Fitness Instructor
Certified Personal Trainer
Registered Nurses
Certified Wellness Coach
Cardiovascular Specialist
Occupational Therapist
Image Consultant
Licensed Esthetician
Certified Financial Counselor

Examples of Our Services

***Featured Service = Health Advocacy Program**
Lunch & Learns
Health & Wellness Day
Health & Wellness Week
Screening & health assessments
Cooking classes & demos
Nutrition education
Workplace ergonomics
Daily stretching for injury prevention
Mini massages & facials
Fitness classes
Stress management
Professional attire & styling tips
Inner-thought processing
Budgeting techniques
Credit score overview

Service Options Include: A La Carte & Comprehensive



Benefits of Working With Us

- Access to Licensed, Registered & Certified healthcare and wellness experts who work closely with you to meet your goals
- Acquire ongoing knowledge and accountability to further enhance your outcomes
- Collaborate with a company that understands the relationship between the well-being of individuals who are part of any group or organization, and the level of that group's productivity