

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

- **Registered Dietician Nutritionist**
 - Cooking demonstrations & classes
 - Meal planning & Nutrition education
 - Medical nutrition therapy
- **Certified Group Fitness Instructor & Personal Trainer**
 - Fitness classes (Zumba, Danz Insanity, Circuit, Synergy, Yoga, etc.)
 - Fitness assessment
- **Registered Nurse**
 - Screening, vital signs, & health education
 - Advocacy education
 - Preparing from doctor appointments
- **Certified Wellness Coach**
 - Stress management & anxiety coping
 - Burnout prevention & education
- **Licensed Esthetician**
 - Education for feeding & hydrating largest body organ (skin)
 - Onsite facials & facial massages
- **Certified Financial Counselor**
 - Daily budgeting
 - Investing education
 - Credit score tips & overview
- **Image Consultant**
 - Appropriate attire & styling tips for various work & non-work settings
 - Positive self-image & identifying personal values
 - Prepare for outer expression through inner-thought processes

- **Licensed Occupational Therapist**
 - Daily stretching techniques to help prevent injury in the workplace
 - Gentle exercises for health improvement & help increase blood flow
 - 5-minute neck, back, & hand massages
 - Provide effective workplace ergonomics to assist with better posture
 - Provide 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 dates.
- **Health & Wellness Day**
 - Includes several health & wellness topics selected by your organization presented in group sessions 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 involve 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