



## Building a “Nutrient Rich” Work Style

### *Holistic Nutrition for Stress Reduction, Energy and Focus*

Balancing work-life and family-life is becoming more and more of a challenge for the American worker. Costs related to the issues that arise often relate to adverse health outcomes, which translate to chronic diseases such as hypertension, heart disease, poor dietary habits, obesity and absenteeism and rising health care costs. Companies who track this know if the balance of their collective worker’s health tips far enough, it can absolutely affect their bottom line.

Do your policies provide enough benefits to ensure a healthy workforce? Do you have monthly offerings on cutting edge nutrition or turnkey presentations that support families? Marie’s unique offerings provide food recipe demonstrations and tastes while educating using her food as medicine approach with take-away know-how and follow-up support among such topics as:

- Getting to an anti-inflammatory diet
- Stress Management and Healthy Eating
- Food as Medicine for Energy and Focus
- Healthy Living With and Without Sugar
- Weigh Less, Live More
- Food as Medicine for Winter Health

As Director of Vital Wellness, Marie can also spend time with you to co-create a series of wellness events staffed by a diversity of coaches who bring a broad range of wellness-building skills for the mind, body and soul which support your unique workplace culture.

Marie Frohlich has been working on health related issues and program development for over 20 years and became a certified holistic health coach in 2008 to target her work to individuals and groups seeking a sustainable healthy life style change.



### **Led by Marie Frohlich, HC**

Marie Frohlich is a holistic health coach and herbalist. She is principal of Taproot Consulting, LLC and Director of Vital Wellness at the Coaching Center of Vermont.

Marie is a certified health coach through the Institute of Integrative Nutrition and Columbia University Teachers College in New York City.

*Vital Wellness is a division of:*



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**Length and pricing of program can be tailored to your company’s needs.**