Build Your Wellness Experience

A customizable menu of physician-designed education, coaching, movement, and human performance services.

Choose one offering or combine several. Programs can support an individual, a leadership team, a department, or an entire workforce.

01 Choose your offerings

NUTRITION & METABOLIC HEALTH

- **Nutrition education**: Practical nutrition foundations and everyday application
- **Nutrition certificate**: Structured nutrition learning with completion requirements
- **GLP-1 lifestyle coaching**: Behavior, nutrition, and sustainable routines alongside prescribed care
- **Body composition coaching**: Strength, nutrition, and sustainable body-composition habits
- **Nutrition coaching**: Individualized goal-setting and accountability

PERSONAL HEALTH & LIFE TRANSITIONS

- **Menopause coaching**: Education and support for midlife transitions
- **Sexual health**: Evidence-informed education and supportive coaching
- **Family systems coaching**: Relationships, roles, communication, and shared routines
- **Lifestyle balance**: Sustainable integration of health, work, and personal life

LEADERSHIP & STRESS RESILIENCE

- **Leadership coaching**: Communication, decision-making, and sustainable leadership
- **DistressRx**: Stress patterns, relationships, regulation, and practical wellness planning
- **Mindfulness coaching**: Awareness, attention, and everyday stress-management practices

STRENGTH & MOVEMENT

- **Strength training, Level 1**: Foundational movement and strength
- **Strength training, Level 2**: Progressive strength and skill development
- **Strength training, Level 3**: Advanced progression for experienced participants

MIND-BODY PRACTICES

- **Meditation**: Guided practices for awareness and regulation
- **Yoga**: Movement, mobility, breath, and mind-body connection

02 Choose how people participate

Design choice	Available formats
Setting	Virtual • In person • Hybrid
Timing	Live / synchronous • On demand / asynchronous • Blended
Support	Self-directed • Facilitated group • Individual coaching • Combination

Audience	Individuals • Teams • Leaders • Enterprise-wide
Duration	Single experience • Series • Quarterly program • Annual benefit

Strength training can be offered at three levels through on-demand programming or arranged live virtual sessions, with mindfulness coaching integrated where appropriate.

03 Choose your engagement

Engagement type	What it includes
Single experience	One education session, workshop, webinar, movement class, or coaching experience.
Learning series	A defined sequence of sessions, optionally supported by independent learning and coaching.
Team or leadership engagement	A program for a specific group combining learning, practice, and facilitated discussion.
Annual employee wellness benefit	Twelve-month access to selected offerings, with optional recurring live sessions and coaching.

04 Add optional enhancements

- CME for eligible educational activities (separately scoped and priced)
- Individual or group coaching sessions
- Digital library and on-demand learning access
- Client-branded communication and experience design
- Learning reinforcement, follow-up sessions, and aggregate reporting

Example configurations

Client need	Illustrative combination
One-time education	Live virtual menopause education session, with optional eligible CME
Six-month team program	DistressRx workshops + leadership coaching + meditation access
Annual wellness benefit	Nutrition education + strength levels 1 to 3 + yoga + meditation + quarterly live sessions
Metabolic health pathway	Nutrition training + GLP-1 lifestyle coaching + body composition coaching

Every offering can be purchased independently. Final scope, availability, audience fit, and pricing are determined through consultation.

Educational and coaching services do not replace individualized medical care. CME is available only when an activity meets applicable accreditation requirements. Certificate completion and CME credit are distinct.

Custom programs are scoped and quoted individually.