



simplafyi



PROGRAMS & SERVICES

2024

ABOUT US

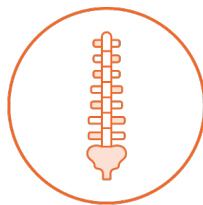
SimplaFYI is a health and wellbeing company **focused on integrative care**. We partner with vetted practitioners to bring you **quality programs and services to advance your teams' health and wellbeing**. We offer our programming in a variety of settings **to accommodate your team**.



Acupuncture



Behavioral Health



Chiropractic



Health Coaching



Massage



Meditation & Mindfulness



Nutrition Coaching



Qigong



Reiki



Tai Chi



Yoga



+ More

THE OVERVIEW

Acupuncture

- Acupressure
- Acupuncture

Chiropractic

- Chiropractic Care

Coaching

- Coaching for Health and Happiness
- Happy, Healthy and Confident
- Health Coaching for Success
- Retrain your Brain for More Positivity
- The Health Promoting Power of Daily Habits & Practices
- Thrive

Nourish Your Health

- Food and Mood
- Get Planted Challenge
- Jumpstart Your Health!
- The Magic of Mindful Eating

Movement

- Qigong
- The Balance of Tai Chi
- Yoga

Stress Reduction

- Reiki
- Stress Less!
- Working Parents Survival Guide

Place of Service Options



Virtual

- Coaching for Health and Happiness
- Food and Mood
- Get Planted Challenge
- Happy, Healthy and Confident
- Health Coaching for Success
- Jumpstart Your Health!
- Qigong
- Retrain your Brain for More Positivity
- Stress Less!
- The Health Promoting Power of Daily Habits & Practices
- The Magic of Mindful Eating
- Thrive
- Working Parents Survival Guide
- Yoga

On Site

- Acupressure
- Acupuncture
- Chiropractic Care
- Food and Mood
- Health Coaching for Success
- Jumpstart Your Health!
- Qigong
- Reiki
- Retrain your Brain for More Positivity
- Stress Less!
- The Balance of Tai Chi
- The Health Promoting Power of Daily Habits & Practices
- Thrive
- Yoga

Hybrid

- Food and Mood
- Health Coaching for Success
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- Thrive

Acupuncture

Acupressure

Some benefits of acupressure include:

- **Improved** digestion
- **Improved** sleep
- **Reduced** stress
- Pain **relief**

PLACE OF SERVICE OPTIONS

- On Site
- Practitioners Office

Acupuncture

Acupuncture has a variety of benefits including:

- **Reduce** stress
- **Ease** pain
- **Relieve** allergy symptoms
- **Improve** digestion
- **Alleviate** headaches and migraines
- **Advance** women's health

PLACE OF SERVICE OPTIONS

- On Site
(conference room, recliner chairs)
- Practitioners Office

Chiropractic

A close-up photograph of a person's neck and shoulder area. A hand is shown performing a chiropractic adjustment on the neck. The image has an orange tint.

Chiropractic Care

This treatment is also called spinal manipulation or joint manipulation. A chiropractic adjustment can help reduce pain, correct the body's alignment and improve how the body functions physically.

PLACE OF SERVICE

- On Site



Coaching

Coaching for Health and Happiness

An employee-centered coaching approach empowers your team with the mindset and tools to be happy, healthy, and confident.

PLACE OF SERVICE

- Virtual

Happy, Healthy and Confident

In these workshops your team will:

- **Explore** messages about bodies, health, gender, beauty, food, and exercise
- **Gain** an understanding of the messages from the past that affect our current relationships with our bodies
- **Reclaim** their health
- **Cultivate** self love
- **Practice** intuitive self-care
- **Declare** their authenticity
- **Share** stories

PLACE OF SERVICE

- Virtual

Health Coaching For Success

Rooted in functional medicine, your team will discover how they can achieve optimal wellbeing and the cause of some chronic conditions.

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

Retrain your Brain for More Positivity

This presentation discusses methods of retraining the brain to focus on a positive mindset by transforming negative thoughts through gratitude, positive reframing, mindfulness and self-care.

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

The Health Promoting Power of Daily Habits & Practices

Learn about the pillars of Lifestyle Medicine as they relate to chronic condition management, prevention and reversal of lifestyle diseases, including obesity, diabetes and hypertension.

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

Thrive

In each session your team will learn sustainable wellness tips to improve their overall wellbeing contributing to advances in their daily productivity, mood, and resilience.

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid



Nourish Your Health

Food and Mood

This presentation will focus on the impact of the Standard American Diet on mental wellbeing and includes common foods and ingredients that can lead to anxiety, as well as healthier alternatives.

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

Get Planted Challenge

This challenge will encourage your team to eat more plants to improve their health and wellbeing. Each session will educate your team on the health merits of the food group and a "Cooking Together" class making a simple recipe incorporating the featured food.

PLACE OF SERVICE

- Virtual

Jumpstart Your Health!

Learn why consuming more plants will feed your team's health in this engaging series. They will learn to read labels, meal plan, shop, and cook delicious meals! Each cooking session will include breakfast, lunch, and dinner. Busy life? Batch cooking and ideas for super easy meal prep included.

PLACE OF SERVICE OPTIONS

- Virtual
- On Site
(Kitchen area required)
- Hybrid
(Kitchen area required)

The Magic of Mindful Eating

This course will set your team up for success with sustainable mindful eating practices and cultivate ease with their health and wellness.

PLACE OF SERVICE

- Virtual



Movement

Qigong

Here's what your team can expect:

- Breath is ***slow, long, and deep.***
- Movements are typically ***gentle and smooth,*** aimed for relaxation.
- Focus on ***attention and visualization.***

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

The Balance of Tai Chi

Tai Chi is an ancient martial arts practice that has a variety of health benefits, including improved:

- ***Balance***
- ***Concentration***
- ***Coordination***

PLACE OF SERVICE

- On Site
(open space with good ventilation and lighting)

Yoga

Yoga helps to develop a more balanced body and mind, builds strength and focus. Your team will stretch and lengthen using their breath to ease in. They will leave with more focus, less stress and increased resilience.

This is an All Levels class.

PLACE OF SERVICE OPTIONS

- Virtual
- On Site
(room with privacy)



Stress Reduction

Reiki

Reiki is an effective way to reduce stress and stress-related symptoms. An overactive mind, chronic pain, anxiety, poor sleep and migraines are some common stress effects for employees which can be addressed with Reiki.

PLACE OF SERVICE

- On-Site
(Quiet room with an outlet and two chairs)

Stress Less!

In this session, your team will practice meditation, learn the foods that nourish and calm the body, plus other natural techniques to stress less.

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

Working Parents Survival Guide

Your team will learn tips, and get resources to support their success. They will have the opportunity to share their challenges, approaches and solutions with colleagues.

PLACE OF SERVICE

- Virtual

WHY INVEST IN YOUR TEAMS' **WELLBEING?**



**Supports a
caring culture**



**Positively impacts
performance**



**Positively influences
health care costs**

SCHEDULE YOUR PROGRAMS AND SERVICES

Didn't see what
you're looking for?

Schedule a call today.

We will customize a program
that's right for your team.

SCHEDULE NOW

Email

krepoli@simplafyi.com

Call or Text Kathleen

401-374-9000



*Investment varies by
program/service*

