



simplafyi



**PROGRAMS & SERVICES**

**2025**

# ABOUT US

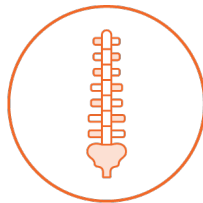
SimplaFYI is a health and wellbeing company **focused on integrative care**. We partner with vetted practitioners to bring you **quality programs and services to advance your teams' health and wellbeing**. We offer our programming in a variety of settings **to accommodate your team**.



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

- Break the Cycle of Pain
- Coaching for Health and Happiness
- Foundational Care
- Happy, Healthy and Confident
- Health Coaching for Success
- Naturally Well
- Restorative Sleep Workshop **NEW**
- Retrain your Brain for More Positivity
- The Health Promoting Power of Daily Habits & Practices
- Thrive

## Nourish Your Health

- Diabetes Prevention **NEW**
- Food and Mood
- Get Planted Challenge
- Jumpstart Your Health!
- Plant Based Meal Prep for Workdays **NEW**
- The Magic of Mindful Eating

## Movement

- Blue Zones Living **NEW**
- Chair Yoga Snack
- Qigong
- The Balance of Tai Chi
- Yoga

## Stress Reduction

- Guided iRest Meditation
- Mastering Burnout
- Reiki
- Stress Less!
- Thriving in Menopause **NEW**
- Working Parents Survival Guide

## VIRTUAL

- Blue Zones Living
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- Thriving in Menopause
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- Yoga

## ON-SITE

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- Thriving in Menopause
- Yoga

## HYBRID

- Blue Zones Living
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- Thrive
- Thriving in Menopause

# Acupuncture



## Acupressure

Some **benefits** of acupressure include:

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

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### 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

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### PLACE OF SERVICE OPTIONS

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

# Chiropractic



## 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.

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### PLACE OF SERVICE

- On Site

# Coaching



## Break the Cycle of Pain

Is pain getting in the way of your employees' wellbeing? Choose our interactive education sessions and leverage the latest science, build skills, and provide your team a supportive space to learn.

### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

## Coaching for Health and Happiness

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

### PLACE OF SERVICE

- Virtual

## Foundational Care

Did you know blood can inform our path to wellbeing? Your employees will discover their baseline and learn how they can advance their wellbeing in a 60-minute virtual consultation.

### PLACE OF SERVICE

- Virtual

## Happy, Healthy and Confident

**In these workshops your employees 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 employees will discover how they can achieve optimal wellbeing and the cause of some chronic conditions.

### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

# Coaching

CONTD.



## Naturally Well

This one on one four-month program supports an employee through functional wellness care with a naturopathic doctor, acupuncturist and holistic nutritionist. Includes labs and virtual weekly sessions.

### PLACE OF SERVICE

- Virtual

#### NEW PROGRAM

## Restorative Sleep Workshop

Help your team improve the quality and quantity of their sleep in this interactive workshop with a lifestyle medicine doctor. The science behind circadian rhythm and health will be explained and guidance given on increasing restorative sleep.

### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

## Retrain your Brain for More Positivity

This workshop 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 employees 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



## NEW PROGRAM

### Diabetes Prevention

This lifestyle medicine series is designed for employees with pre-diabetes or diabetes. In four weekly sessions, they will learn how changing behaviors in nutrition, movement, sleep and mindfulness can improve insulin sensitivity. Your team will have the opportunity to set realistic health goals with a lifestyle medicine doctor as they learn practical tips on managing pre-diabetes/diabetes.

#### PLACE OF SERVICE

Virtual

### Food and Mood

This workshop 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 employees 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 employees’ 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)

# Nourish Your Health

CONTD.

## NEW PROGRAM

### Plant Based Meal Prep for Workdays

In the comfort of their own kitchens, employees will prep overnight oats, chia pudding, smoothies and power bowls for a busy work week alongside a lifestyle medicine doctor. Participants will learn how these health-boosting foods benefit well-being and prevent disease. Recipes and ingredients will be emailed to registrants prior to workshop.

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#### PLACE OF SERVICE

- Virtual

### The Magic of Mindful Eating

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

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#### PLACE OF SERVICE

- Virtual

# Movement



## NEW PROGRAM

### Blue Zones Living

Blue Zones Living is an hour-long workshop on how lifestyle habits affect health, happiness and longevity. Blue zones are regions of the world where the highest percentage of inhabitants live to be 100. Learn how lessons from these communities can be applied to life both at home and at work. Participants will consider their own habits of movement, nutrition, and more with the opportunity to make new wellness goals aligned with blue zones living!

#### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

### Chair Yoga Snack

Give your employees the gift of a few minutes of movement and make a significant contribution to their health, productivity and wellbeing. Sessions include breathing practices, releasing tension in the eyes, hands, shoulders, back and seated movement sequences to energize their entire body.

#### PLACE OF SERVICE

- Virtual

### Qigong

Here's what your employees can expect:

- Breath is **slow, long, and deep.**
- Movements are typically **gentle and smooth**, aimed for relaxation.
- Focus on **attention and visualization.**
- Benefits include **increased focus, better balance, and stress reduction**

#### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

# Movement

CONTD.



## 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

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### 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.**

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### PLACE OF SERVICE OPTIONS

- Virtual
- On Site  
(room with privacy)

# Stress Reduction

A person is shown in profile, sitting on a couch in a living room, appearing to be in a meditative state. The room has a brick fireplace and a window with blinds.

## Guided iRest Meditation

iRest (Integrative Restoration) is an evidence-based practice that is a military Tier 1 Complimentary Medicine. The practice can lead to increased self-mastery & wellbeing. It can help your employees relax deeply, improve performance, release stress, increase resiliency, improve interpersonal connections and communication.

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### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

## Mastering Burnout

In this series, your employees will learn the science behind burnout, how it impacts their wellbeing, and healthy ways to tackle their responses to burnout.

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### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

## 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.

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### PLACE OF SERVICE

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

## Stress Less!

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

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### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

# Stress Reduction

CONTD.

## NEW PROGRAM

### Thriving in Menopause

Menopause symptoms are powerfully influenced by lifestyle habits. This interactive workshop will review the science behind how behaviors in nutrition, movement and mindfulness can improve the menopause and peri-menopause experience.

#### PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

### Working Parents Survival Guide

In this workshop, working parents will learn tips and get resources to support their success. They will have the opportunity to share their challenges, approaches and solutions with others.

#### PLACE OF SERVICE

- Virtual

# WHY INVEST IN YOUR EMPLOYEES' 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 employees.

**SCHEDULE NOW**

**EMAIL**

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**CALL OR TEXT KATHLEEN**

401-374-9000



*Investment varies by program/service*