



simplafyi®

wellness simply accessible

PROGRAMS & SERVICES

2027

ABOUT US

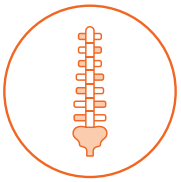

+ More


Acupuncture


Yoga


Career Wellbeing


Tai Chi


Chiropractic

SimplaFYI is a health and wellbeing company **focused on lifestyle medicine and integrative care.**

We partner with vetted practitioners to bring you **quality programs and services to advance health and wellbeing.**

Our programs and services can be delivered **individually, in groups, or at a conference** in the setting of your choice.


Reiki


Health Coaching

SCHEDULE NOW

Investment varies by program/service


Qigong


Massage


Nutrition Coaching


Meditation & Mindfulness

THE OVERVIEW

***CLICK** ON A PROGRAM TO LEARN MORE*

Acupuncture & Chiropractic

- Acupressure
- Acupuncture
- Chiropractic Care

Career Wellbeing NEW

- Career Wellness: How to Grow Without Burning Out
- From Managing to Mentoring: Building Empowered, Resilient Teams
- Leading with Heart: Conscious Leadership in a Changing World
- Mastering Burnout
- Mindset at Work: The Inner Game of Sustainable Success
- Resilient by Design: Cultivating Focus, Grit & Growth at Work
- Retrain your Brain for More Positivity LM
- Working Parents Survival Guide

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 LM
- The Health Promoting Power of Daily Habits & Practices LM
- Thrive

Nourish Your Health

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

Movement

- Blue Zones Living LM
- Chair Yoga
- Qigong
- The Balance of Tai Chi
- Yoga

Stress Reduction

- Guided iRest Meditation
- Reiki LM
- Stress Less!
- Thriving in Menopause LM

SCHEDULE NOW

$ ***Investment varies by program/service***

LM *These programs support one of the six Lifestyle Medicine pillars and are delivered by a Lifestyle Medicine certified practitioner.*

PLACE OF SERVICE OPTIONS

***CLICK** ON A PROGRAM TO LEARN MORE*

VIRTUAL

- Blue Zones Living LM
- Break the Cycle of Pain
- Career Wellness
- Chair Yoga
- Coaching for Health and Happiness
- Diabetes Prevention LM
- Food and Mood LM
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- The Health Promoting Power of Daily Habits & Practices LM
- The Magic of Mindful Eating
- Thrive
- Thriving in Menopause LM
- Working Parents Survival Guide
- Yoga

ON-SITE

- Acupressure
- Acupuncture
- Blue Zones Living LM
- Break the Cycle of Pain
- Career Wellness
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- Yoga

HYBRID

- Blue Zones Living LM
- Break the Cycle of Pain
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Acupuncture & Chiropractic



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 | Practitioners Office

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

SCHEDULE NOW

Investment varies by program/service

simplafyi

Career Wellbeing



Career Wellness:

How to Grow Without Burning Out

An empowering workshop for ambitious professionals who want to thrive—not just survive. Ready to grow in your career without sacrificing your well-being?

This interactive workshop will help you redefine success, recognize and prevent burnout, and build healthy boundaries that support sustainable growth. Through guided reflection, practical tools, and group discussion, you'll create a personalized Career Wellness Plan—a clear, values-aligned roadmap to help you stay energized, focused, and fulfilled as you move forward.

You'll walk away with:

- A clearer definition of what success means to you
- Tools to recognize and prevent burnout
- Boundaries that protect your time and energy
- A customized Career Wellness Plan

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

From Managing to Mentoring:

Building Empowered, Resilient Teams

Today's most effective leaders don't just manage—they mentor. In this interactive session, we'll explore the mindset and practical shifts required to move from task-based leadership to purpose-driven mentoring. You'll learn how to foster psychological safety, encourage ownership, and support team members in developing both confidence and resilience in a rapidly changing workplace.

Through guided discussion, real-world scenarios, and reflective exercises, you'll uncover your leadership style and gain tools to better support your team's growth, well-being, and long-term performance.

You'll leave with:

- A personal mentoring style blueprint
- A framework for empowering team check-ins
- Practical strategies to foster resilience and ownership in your team

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

SCHEDULE NOW

Investment varies by program/service

simplafyi

Career Wellbeing

CONTD.



Leading with Heart:

Conscious Leadership in a Changing World

Because leadership today demands more than strategy—it requires soul.

In a world of constant change, conscious leadership is no longer optional—it's essential. Leading with Heart is an experiential workshop designed for leaders who want to lead with empathy, integrity, and impact.

Grounded in emotional intelligence, self-awareness, and values-driven action, this session invites you to explore what it means to lead from the inside out. Through reflection, real-world examples, and practical tools, you'll learn how to build trust, foster meaningful connection, and create space for both results and humanity. This is for leaders ready to evolve beyond command-and-control—and into connection and consciousness.

You'll walk away with:

- A clearer understanding of your leadership values and presence
- Tools to foster psychological safety and authentic connection
- A personal Leadership Intention Statement to guide how you show up daily

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.

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

Mindset at Work:

The Inner Game of Sustainable Success

Your mindset shapes how you lead, communicate, and grow—often more than skills or strategy. This transformative workshop dives into the inner game of professional success, helping you understand how beliefs, self-talk, and emotional habits impact your performance and well-being.

Through interactive exercises, reflection, and science-backed tools, you'll learn how to shift from reactive to intentional, unlock more clarity and resilience, and create a mindset that fuels sustainable success—not just short-term wins.

In this workshop, you'll:

- Discover how mindset influences behavior and outcomes
- Identify and reframe limiting beliefs that hold you back
- Practice tools to build confidence, focus, and presence
- Leave with a mindset plan to support long-term growth

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

SCHEDULE NOW

Investment varies by program/service

simplafyi

Career Wellbeing

CONTD.



Resilient by Design:

Cultivating Focus, Grit & Growth at Work

Resilience isn't just about bouncing back—it's about intentionally building the skills that help you stay focused, adaptable, and forward-moving in the face of change or challenge.

In this energizing and practical workshop, you'll learn how to design your personal resilience toolkit using strategies rooted in neuroscience, positive psychology, and mindful productivity. Whether you're navigating uncertainty or seeking to level up in your role, this session will help you build the internal stamina and clarity needed to thrive at work—on purpose and by design.

You'll walk away with:

- A clear understanding of the core pillars of resilience
- Tools to sharpen focus and strengthen emotional agility
- Strategies to tap into grit, even when motivation is low
- A personalized action plan to build resilience that lasts

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

Retrain your Brain for More Positivity LM

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

Working Parents Survival Guide

Your employees 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

SCHEDULE NOW

Investment varies by program/service

simplafyi

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 OPTIONS

Virtual | On Site | Hybrid

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

SCHEDULE NOW

Investment varies by program/service

simplafyi

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

Restorative Sleep Workshop LM

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

The Health Promoting Power of Daily Habits & Practices LM

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

SCHEDULE NOW

$ Investment varies by program/service

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Nourish Your Health



Diabetes Prevention LM

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 LM

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 LM

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! LM

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 | Hybrid (kitchen area required)

Plant Based Meal Prep for Workdays LM

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.

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.

PLACE OF SERVICE

Virtual

SCHEDULE NOW

$ Investment varies by program/service

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Movement



Blue Zones Living LM

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

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.**

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)

SCHEDULE NOW

$ Investment varies by program/service

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Stress Reduction



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.

PLACE OF SERVICE OPTIONS

Virtual | On Site | Hybrid

Reiki LM

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 employees 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

Thriving in Menopause LM

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

SCHEDULE NOW

$ Investment varies by program/service

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WHY INVEST IN YOUR TEAMS' WELLBEING?



Supports a caring culture



Positively impacts performance



Positively influences health care costs

SCHEDULE NOW

Investment varies by program/service

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

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CALL OR TEXT KATHLEEN

401-374-9000



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