

Wellness Consultations

Private, 100% Confidential, Voluntary

Nutrition

Healthy eating tips (recipes, meal plans, quick meal prep)
Grocery shopping tips
Sports nutrition
Managing food intolerances
Vitamins and supplements
Children and youth nutrition
Specialty food options (organic, vegetarian)

Exercise

Types of exercise
Fitness program design (strength)
Walking programs
Learn to run programs
Yoga and stretching
Exercise for the aging population

Disease Prevention

Diabetes management/prevention
Cholesterol and blood pressure management
Quitting smoking
Injury management
Healthy aging (how to manage osteoporosis)

Lifestyle

Goal setting (and achieving!)
Time management
Self-confidence (finding joy, combat negative attitudes)
Coping with depression

Coping with Stress

Stress management
Relaxation and breathing techniques
Sleep strategies
How to overcome setbacks

Weight Loss

Healthy weight loss
Healthy body composition
Monitoring calories
Detoxing (why, how, risks)

Do any of these items impact you or your family?

If so, connect with your EWSNetwork wellness consultant

** Referral to additional resources as needed**

Education, Motivation, Inspiration
It starts with "just a conversation"!