



**PREMIER
HEALTH + WELLNESS**
CONSULTING LLC
YOU DESERVE SOCH MORE

CORPORATE WORKPLACE WELLNESS EDUCATION

ABOUT

At Premier Health + Wellness Consulting, we recognize that a company's most valuable asset is its people. A healthy workforce leads to increased productivity, lower healthcare costs, and reduced absenteeism and presenteeism. According to a Brigham Young University study, every dollar invested in employee wellness programs yields \$3-\$4 in healthcare savings.

We deliver comprehensive health and wellness consulting services designed to empower, educate, and inspire employees, resulting in sustainable, cost-effective, and measurable outcomes. Our services include dynamic training tools, engaging workshops, and thought-provoking lectures. We also provide innovative solutions such as aeroponic vertical gardening, enabling clients to take control of their food sources while supporting year-round sustainability both indoors and outdoors.

CORE COMPETENCIES

- ✓ Leadership, Value, Ethics
- ✓ Health Education Communication, Accountability for results Assess,
- ✓ Plan, Implement successful health strategies
Informed Decision Making on Health Concerns,
- ✓ Educate, Empower, Inspire

EDUCATION/EXPERIENCE

- Over 20 years of experience in the Wellness Industry
- Master's Degree in Professional Counseling, South University
- Bachelor's Degree in Social Work, Florida A&M University
- Graduate of the Entrepreneurship Bootcamp for Veterans (EBV) with Disabilities, Whitman School of Management, Syracuse University
- Certified Health Coach/Educator, Dr. Sears Wellness Institute
Certified Workplace Wellness
- Specialist, National Wellness Institute (NWI)
- Retired Military Officer

FEATURED CLIENTS

2023

- Elizabeth City, NC City Manager Office
- Elizabeth City State University, NC
- Clover Park School District, WA

2022

- Department of Treasury, Blacks in
- Government Fiscal Service Chapter – DC

2020

- First Command Bank, Norfolk, VA
- AAPR Entrepreneurship - DC

2019-2020

- Centura College – Norfolk, VA

current

- Institute for Military Veterans and Family (IVMF)
- James E. Newby Foundation
- Norfolk, Chesapeake Public Schools
Boys & Girls Club SE Virginia



Awards/Recognitions –

2021 - Smart & Sexy Outstanding Female Veteran Business Grant

2019 - Stacy's® and United Way Rise Project Microgrant Recipient

2019 - Interviewed on CBN Healthy Living

2018 - Featured in the China Study Family Cookbook (pg. 161)

2018 - Named Outstanding Veteran Entrepreneur of the Year – IVMF at Syracuse University

2015 - Won the Best Social Venture Award from Citi Salutes – Realizing Your Dream Business Competition

DUNS Number - 079752004 Cage Code:
7SGF1 UEID Number - PD68UMM61875

NAICS Code - 611710 NIGP Codes –
92400, 92418, 91832, 91838, 59530



SERVICES OFFERED

- Infinity Premier Health Workshops
- L.E.A.N Start & L.E.A.N Expectation Training
- Lunch-and-Learn Sessions
- Office Hours
- Personal Health Assessments
- Lectures
- Salad-in-a-Jar Workshops
- Healthy Virtual or In-Person Communities

BENEFITS

- Improved productivity
- Better concentration, focus, and alertness
- Enhanced employee morale
- Higher energy levels
- Lower healthcare costs
- Reduced absenteeism and fewer sick days for employees and families
- Reduced presenteeism, resulting in fewer injuries and less human error
- Reduced employee turnover
- More harmonious work environments
- Reduced stress
- ("the 21st-century disease")

SBA WOSB
Woman Owned Small Business



Business Certifications

- Service-Disabled Veteran-Owned Small Business
- Women-Owned Small Business
- Minority-Owned Business
- Micro Business
- WBENC Certified

Company Information

- Premier Health + Wellness Consulting, LLC
- dba Infinity Empowerment Services
- Principal: Beverly Grandison, PC, CWWS, CHC
- Email: beverly@premierhealthwellness.com
- Phone: 757-966-6125 | 757-620-5142
- Website: <https://premierhealthwellness.com>
- Address: 109-G Gainsborough Sq #170, Chesapeake, VA 23320
- DUNS: 079752004
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