



# 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")



## 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
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- DUNS: 079752004
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YOU DESERVE SO MUCH MORE