



# Corporate Wellness International Inc.

WELLNESS  
LUNCH &  
LEARN  
EXPERTS



AUTHORED  
THREE BOOKS  
ON WELLNESS

# SIX REASONS TO PARTNER WITH US



RESULTS YOU  
CAN MEASURE  
OUR WELLNESS SCORE  
SYSTEM.



WE DELIVER  
PERSONALIZED  
SERVICE



WE'RE COMMITTED  
TO HEALTHIER  
WORKPLACES



WE'RE  
PROFICIENT

Our staff are expertly  
trained in the systems  
they use.

Let's come & see Why!

# BENEFITS OF WELLNESS LUNCH & LEARN



**Increase Employee Performance**



**Lower Health Care Costs.**



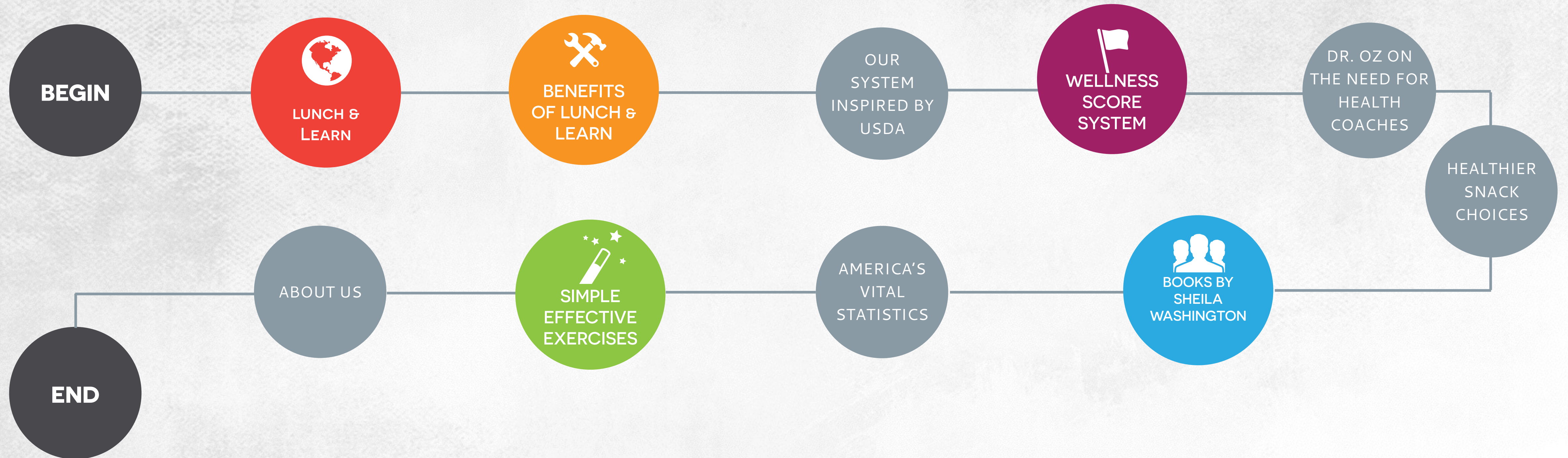
**Reduce Employee Sick Days.**



**Healthier Workplace Environment.**



# PRESENTATION SUMMARY





# LUNCH & LEARN EVENTS



Quarterly Lunch & Learn about Wellness!  
Get Inspirational Updates on Employee  
Wellness Score Progress



**OUR SYSTEM IS  
BASED ON  
USDA'S  
CHOOSE MY  
PLATE.GOV**

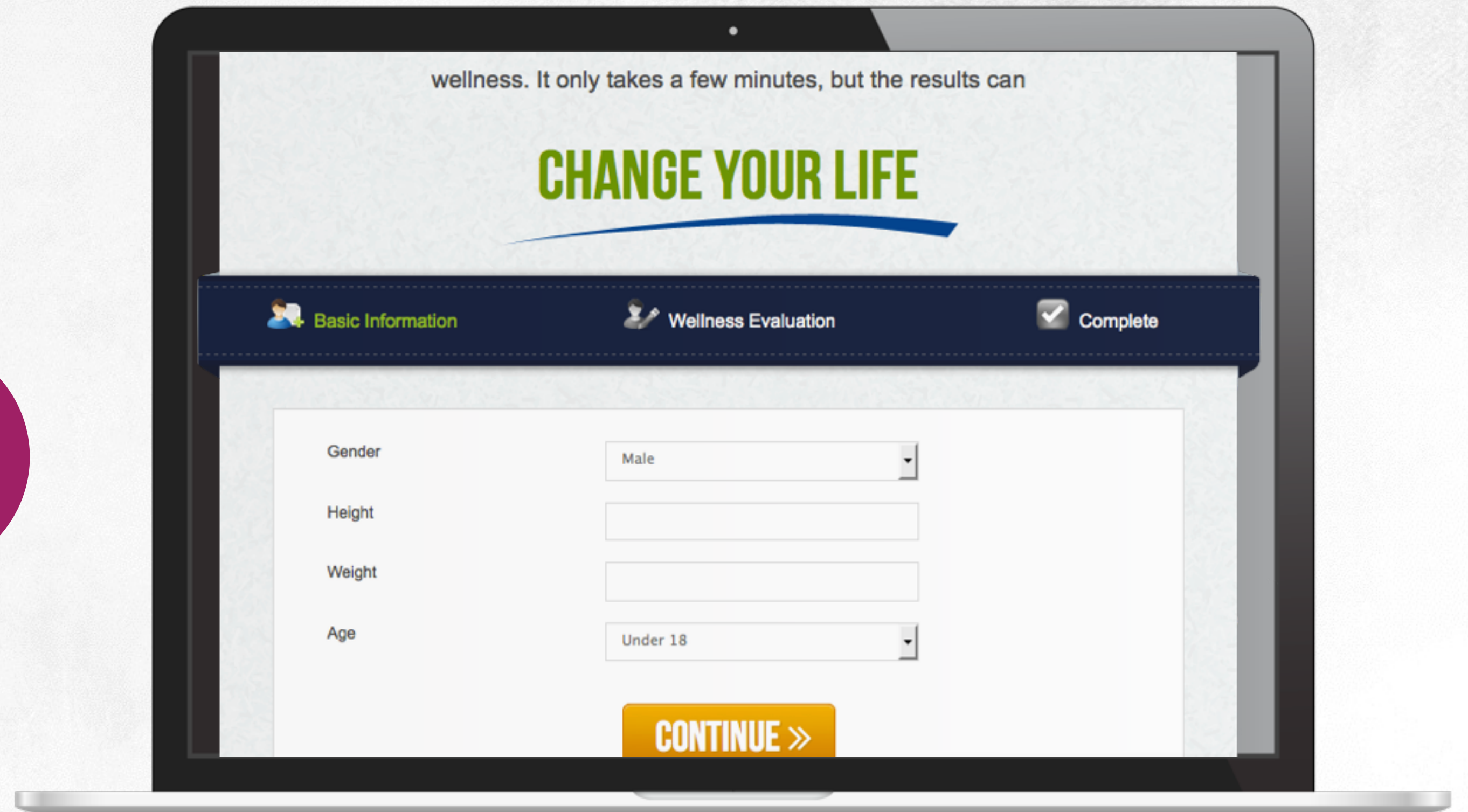
Accessible to Resources  
designed by the USDA



# EMPLOYEE WELLNESS SCORE

## Corporate Wellness International Wellness Score Platform

The first step is to find your personal wellness score. This free online personal wellness questionnaire can help me identify your specific health and wellness goals.



# DR. OZ ON THE BENEFIT OF HEALTH COACHES

## VIDEO



### VIDEO ON WELLNESS

Dr. Oz speaks to Larry King about Wellness and changing the culture by inviting Lifestyle changes in America and the Workplace. He also shares with Larry that by using affordable Health Coaches we could become a healthier country and save money on Health Care Costs.





# ACCESS TO HEALTHIER SNACK CHOICES

Create a Fruity Friday Fun Day



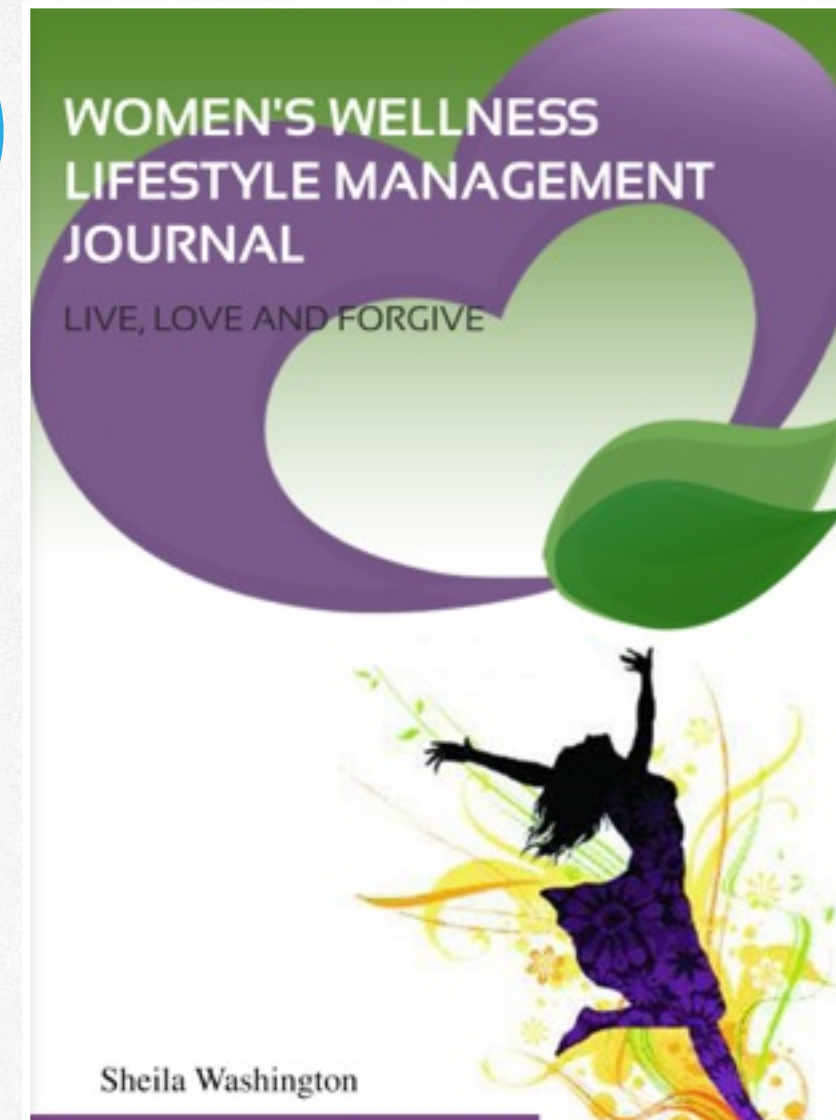
# AUTHOR OF THREE AWESOME BOOKS

BY SHEILA WASHINGTON

1



2



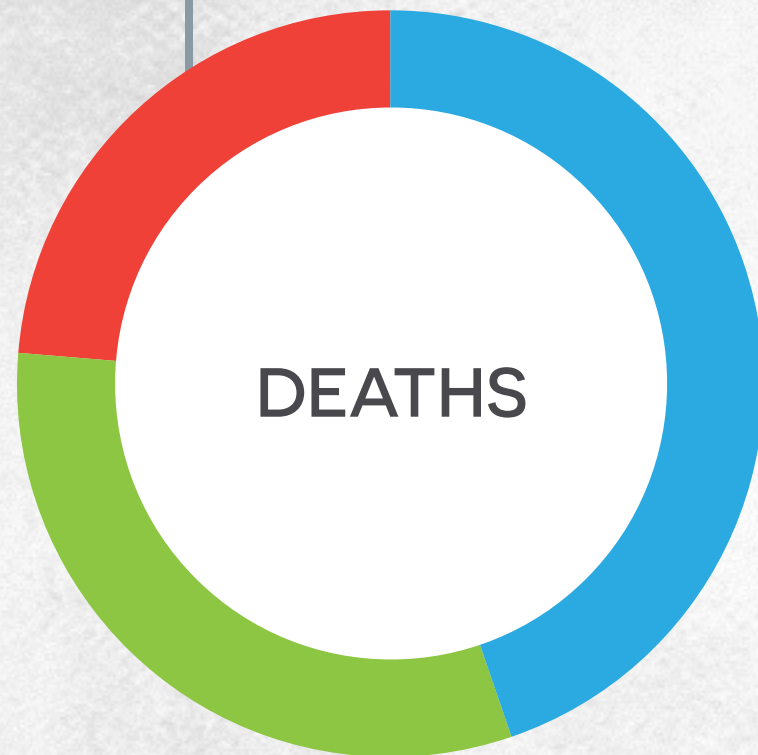
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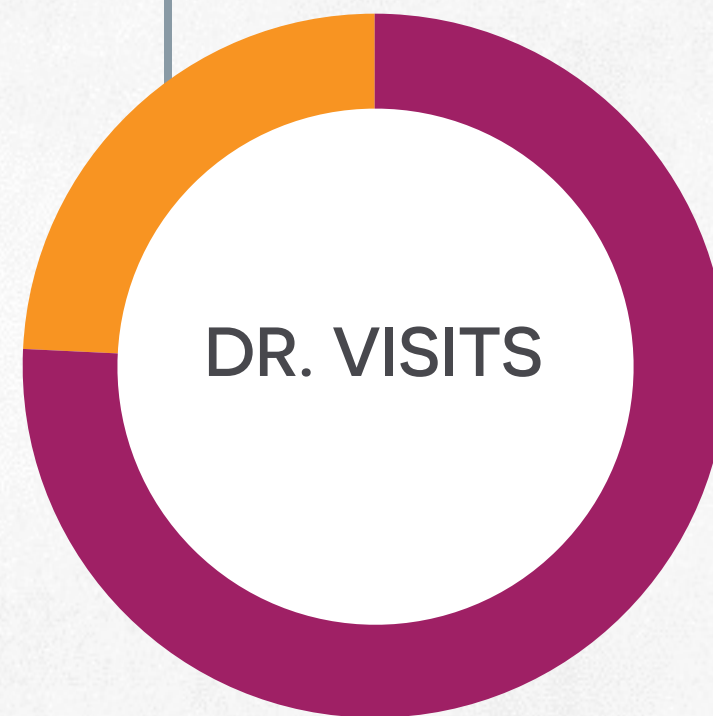
# WHY IS AMERICA IN NEED OF WELLNESS TODAY


## AMERICA'S VITAL STATISTICS

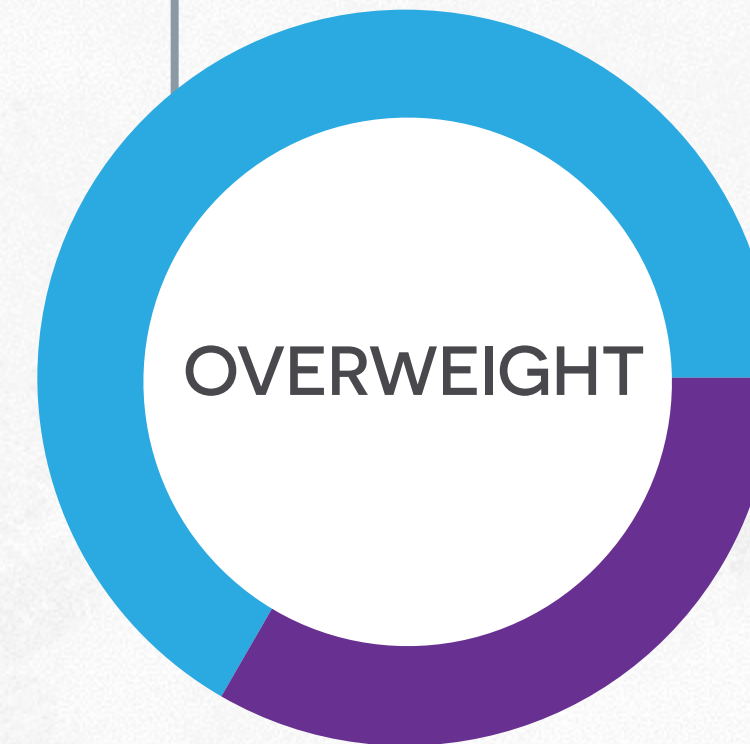
 **50% +**  
diet related



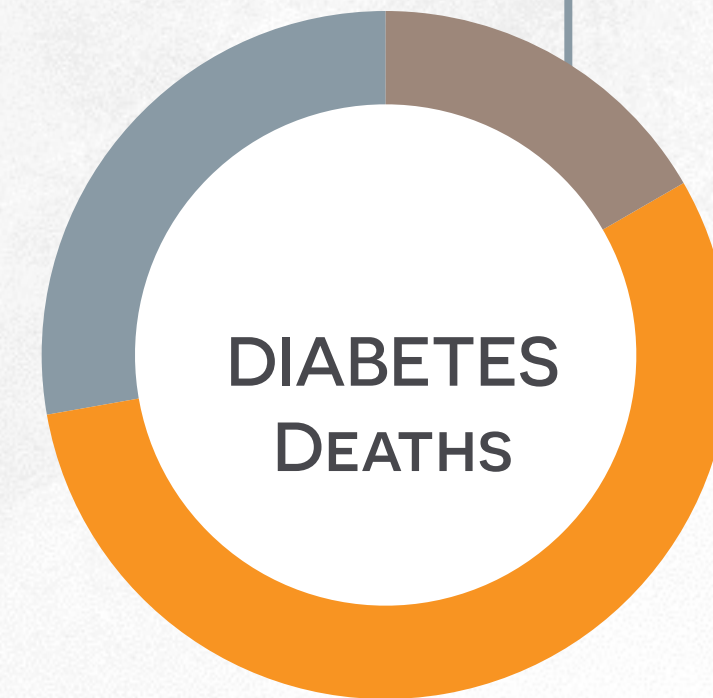
 **70%**  
diet related



 **65%**  
americans



 **45%**  
risen since 2002

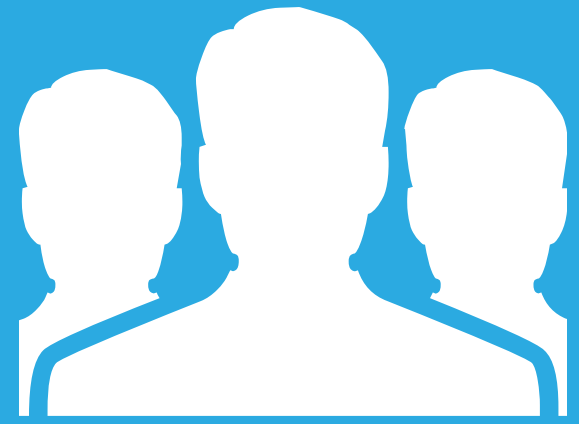


children

 **25%**

- The USDA Center for Nutrition Policy & Promotion
- The Journal of the American Medical Association





# LEARN SIMPLE EFFECTIVE EXERCISES

Group exercises that promote wellness  
as well as increase interpersonal skills



# ABOUT US

## Workplace Wellness Lunch & Learn Experts

### OUR GOAL: CORPORATE WELLNESS INTERNATIONAL INC.

To assist your organization with implementing a workplace wellness program as a significant solution to rising healthcare costs. These spiraling costs are fueled by increasing rates of chronic disease from diabetes to heart disease which stem from poor diet, inactivity and other unhealthy lifestyle factors.

Instituting wellness programs that help employees adopt healthier behaviors is a significant way to decrease illness, absenteeism, turnover, medical claims, to increase productivity and create a healthier bottom line.



**Corporate Wellness International Inc.**

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# CONTACT US

We're based in Las Vegas, NV



**I LOOK FORWARD TO WORKING WITH YOUR TEAM!**

Sheila Washington believes when working with people to change their bodies, you're also working with them to change their minds by learning new habits. "My intense passion is in helping other people lose weight, feel better, increase their energy, and improve their self-esteem."

CONTACT

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DIRECT CHAT

s DynamicSheila



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**THANK  
YOU**

FOR WATCHING



See you soon!