



Science-based wellness programs that support healthier communities and empower people to thrive.

Practical tools. Engaging workshops. Real-life results.

PROGRAM TOPICS

- | | |
|--------------------|-------------------|
| Stress Management | Brain Health |
| Sleep Optimization | Movement |
| Nutrition | Habit Formation |
| Mindfulness | Self-Care at Work |

PROGRAM CHOICES

- 1. Make & Take Workshops:** *Wellness-themed activities for groups that have limited time.*
- 2. Wellness Hour:** *Take a deep dive into a topic of choice and leave with individualized goals.*
- 3. Custom Wellness Solutions:** *A more tailored experience, unique to your goals and interests.*

MEET THE FOUNDERS



Kerry Shultz



Liz Kiniry



Lisa Rogerson



“enjoyed applying concepts & making a plan”

“very engaging”

“loved sessions 10/10”

“knowledgable”

WHAT SETS US APART

- National Board Certified Health & Wellness Coaches (NBC-HWC)
- Experts in behavior change, stress mastery, and functional medicine
- We help people uncover why change matters and how to make it last.
- We make wellness easy, approachable, and enjoyable.
- Sessions are interactive, uplifting, and designed for real life.

FROM INSIGHT TO ACTION: OUR PROCESS

- *Learn & Discover* – We identify your group’s needs and goals.
- *Engage & Connect* – Interactive, warm, and accessible sessions.
- *Practice & Apply* – Tools people can use long after the workshop.
- *Support & Sustain* – Reinforce small steps and healthy progress.
- *Celebrate* – Build confidence and community around wellness success.

Get Started:
www.ConciergeWellnessCoaching.com
Info@ConciergeWellnessCoaching.com



Together, we’ll empower your community to feel calmer, healthier, and more connected.