



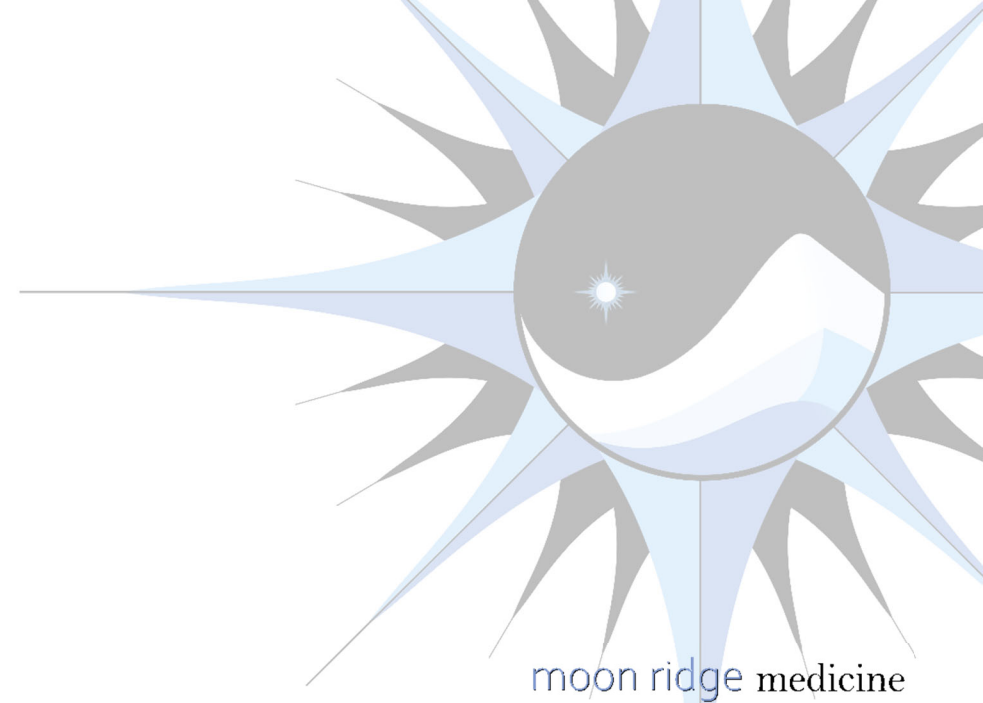
## WELLNESS ACHIEVED

With a focus on attainable changes to promote health of workforce populations across cultural and health spectrums. A simple solution to boost productivity from your team by way of improving their sense of wellbeing.

Take an approach centered around foundations of health. The determinants of mental and physical wellbeing are seemingly apparent but the route to improving them can sometimes be difficult. Guidance in identifying and removing the obstacles preventing a group from seeing their best personal and professional potentials often requires a unique and multifaceted strategy. Habit formation using intentional intervention to help others recognize their constructive behaviors while creating an environment conducive to the acquisition of even more. Education and planning are the keys to successful execution, with professionals to explain various health and wellness subjects in captivating detail. Our providers are qualified teachers with the tools to enable the growth and prosperity of your workforce.

- Nutritional Guidance
- Exercise Demonstrations
- Sleep Routines
- Functional Trainings
- Mental Wellness Activities

2001 L Street N.W.  
Suite 500  
Washington, DC, US 20036  
[moonridgemedicine.com](http://moonridgemedicine.com)



moon ridge medicine

Nutrition  
Movement  
Mindfulness  
Ergonomics



Naturopathic  
Corporate Health Consulting

# Health solutions that work for your business.

HOLISTIC APPROACH TO WORKPLACE WELLNESS.

Programming conducted by qualified teaching professionals.  
Designed by a Licensed Naturopathic Physician,  
Experts in lifestyle medicine.

## GUIDING PRINCIPLES

- EDUCATION
- PREVENTION
- INCLUSION
- HARM REDUCTION
- WHOLISTIC TRANSFORMATION

Health programs based on calorie counting and weight loss miss a critical issue that is contrary to our modern understanding of medicine. Wellbeing does not come from a place of food restriction, but empowerment. The programs created by the providers at Moon Ridge Medicine understand that education is power. Our personnel employ years of experience in education and program directing to create health goals that are inclusive and importantly, do not cause harm. Programs centered around weight do not consider the harm they inflict on those with history of eating disorder or are underweight.

## flexible solutions for your business needs

### ENGAGING MATERIAL

With curriculum that is captivating, informative, concise, and effective, our learning sessions keep users excited about change. Modern educational techniques that motivate and inspire sustainable growth. Gain a natural health that comes from developing a better relationship with food and how to choose the right kind. Movement and mindfulness techniques are also employed to create a well-rounded experience.

### MEASURABLE RESULTS

Research from Canada has shown that when a labor force is granted access to naturopathic healthcare the number of sick days falls. Additionally, workers are less likely to file for compensation. For many companies, human resources may be their most precious of them all, and their health means everything to an organization's productivity. When people are healthier, they are happier, and that will show.



### FLEXIBLE

Custom program development and online integration can mean either a synchronous and/or asynchronous interactive educational curriculum capable of fitting into multiple busy schedules.



### DEPENDABLE

You can trust that the program developers and providers are dedicated to whom they are working. Integrity and social responsibility are maintained at the highest level. Your company will be led by a team of courteous, qualified instructors with a strong work ethic.



### EXPANDABLE

Program can be implemented across the country and coordination or even healthy competition between business locations can be integrated in the development of activities with health outcomes that are inclusive and culturally sensitive.



Dr. Alexander Arrington, ND  
Physician, Program Director



WE'VE WORKED WITH A DIVERSE CUSTOMER BASE. HOW CAN WE HELP YOU?

[www.moonridgemedicine.com/corporate-wellness](http://www.moonridgemedicine.com/corporate-wellness)

