



Wellness at Work is now making House Calls!

...well not really to your house.

Dr. James Proodian's innovative Wellness at Work health education program has launched an exciting new (and complimentary) service to accommodate today's busy lifestyle – the **10 minute One-on-One Health Analysis**. In only about 10 minutes, you can learn the basics for how to feel better, function better, and live longer!

The One-on-One Health Analysis utilizes face-to-face interaction with the doctor to provide an individualized and comfortable experience. Dr. Proodian employs a comprehensive "functional medicine" approach during the Analysis, the focus of which is patient-centered recommendations that promote lifelong health and vitality.

By carefully listening to you and learning your history, Dr. Proodian involves you in the discovery process and tailors recommendations that address your unique needs. This approach focuses on the balancing of physical, nutritional, and psychological health, and goes well beyond the typical "how do you feel?" analysis.

The result? You walk away with a practical and easy-to-implement action plan that leads to better health, increased longevity, and greater overall wellness. **All at no cost.**

Benefits of the One-on-One Health Analysis include:

It's Personal

The 10 minute private consultation is custom-tailored to your unique situation. After conversing with you, Dr. Proodian will make specific recommendations that encompass physical, nutritional, and psychological optimization so you can feel better, function better, and live longer.

It's Interactive

If you have a specific health issue or concern, you can ask the questions that you want answers to. Rather than having someone speak TO you, you have someone to speak WITH you. You'll leave with answers, not questions, and reliable time-tested recommendations to improve your life.

It's Effective

The face-to-face interaction between you and the doctor provides immediate and tangible results that cannot be duplicated with books or websites. And studies prove that healthy lifestyle habits lead to an increase in quality, disease-free years.

It's Free!

There is no cost to companies, schools, and other organizations located in Monmouth County.

www.mywellnessatwork.com

Dr. Proodian's Wellness at Work program embodies his belief that "health literacy is the key to longevity," and his One-on-One Health Analysis is one of the most effective ways to educate and motivate people to make simple changes that can greatly enhance their lives.

Wellness at Work was developed over 20 years ago when Dr. James Proodian, DC, gave his first health lecture. His passion is empowering people with the basic information they need to feel better, function better, and live longer. Giving people the information necessary to make positive changes in their lives and the lives of their loved ones is the mission of Wellness at Work. Changing the way we think about "health" is critical to getting on the right path and achieving lasting change. The most direct way in which this mission is delivered is through our One-on-One Health Analysis.

Wellness at Work is part of the Proodian Healthcare™ family of companies. Wellness at Work provides health education programs and clinically-based health improvement programs to individuals, companies, schools, and other organizations.

Natural Healthcare Center is a state of the art health and wellness facility located in Long Branch, NJ. PutBackWhatYouLack.com provides high quality physician-administered supplements that are pharmaceutical grade and not available to the general public.

