

Lauren has been offering comprehensive wellness solutions to corporate employees to address unhealthy influences that saturate our daily lives. She gives simple strategies to implement health, wellness and stress relief for office workers.

After realizing that a 40-hour work week resulted in negative effects to her own health - back pain, shoulder tension, eye strain, weight gain, digestive issues, etc. - Lauren began to make practical changes that made a big difference at the end of each work day. Since her results were so profound and positive, the company she worked for created a new position of Wellness Director and asked Lauren to design and implement a corporate wellness program both onsite and nationwide for over a thousand employees. Over the years, Lauren has expanded her clientele to include other corporations and small businesses.

CORPORATE WELLNESS

Be active. Keep fit. Stay well - all while at work.

Speaking Topics Include

Nutrition 101	Shrewd About Sugar
Eating on the Go	Life Balance & Stress Reduction
Heart Health	Women's Health
Meal Planning Basics	Food for Immunity
Digestive Health	...or a custom-tailored topic for your employees.



Clients

*Martha Stewart
Party City
McGraw Hill
Amscan, Inc.
Kenneth Cole Productions
Silman*

Testimonial

Party City's wellness program that Lauren initiated continues to improve the lives of our employees. Our employees are healthier, have more energy and are happier because of Lauren's dedication and expertise.

— Gerry Rittenberg, CEO Amscan Inc.

Lauren Grogan, HHC, RYT
Holistic Health Coach • Registered Yoga Teacher
(732) 718.2526 • www.laurengrogan.yoga

Lauren specializes in helping office workers to find a healthy work/life balance.

