

## Complimentary Employee Wellness Seminar Brought To You By ZoeStyle Medicine

### About You

- Know what it means to be healthy but find it challenging to make plans for your own self-care
- Struggle with exhaustion, feel disconnected from those whom you serve, and/or are experiencing a decline in productivity
- Wish you could do more as a role model in honoring self-care both at work and at home

### About Us

**ZoeStyle Medicine** is a new lifestyle medicine practice located in Glen Allen that supports evidence-based behavior changes that can help patients prevent, treat, and reverse conditions such as certain heart diseases, pre-diabetes/type 2 diabetes, obesity, and other chronic diseases through:

- Improved nutrition
- Physical activity
- Restorative sleep
- Stress management
- Avoidance of risky substances
- Positive social connections

### What We Will Bring

- Resting metabolic rate analyzer
- Tips to support your journey on the dietary spectrum
- Demonstration of health coaching
- Proven techniques for nervous system self-regulation

### What You Will Receive

- A reduced level of stress
- A better understanding of lifestyle medicine
- Practical tips to improve your own well-being



Follow this QR code to request an on-site seminar or visit us at [zoerva.com](http://zoerva.com) to learn more.

