



About The Facilitators

Jeff and Dr. Gigi Fykes have owned The Healthy Connection health food store in Hampton VA for over 16 years. Jeff works closely with his wife Dr Gigi, a Doctor of Naturopathy, a Certified Natural Health Professional and a Certified Herbal Consultant at *HWS*. This team is well respected throughout the Hampton Roads region as an authority on alternative health solutions, holistic protocols, juicing and integrative medicine. Over the years they have helped thousands of customers find the underlying cause to their health related issues and not just address the symptoms.

Sensitive, with a gentle and professional approach. They take time to listen to their clients.

They have partnered with organizations such as NASA Langley Research Center, Sentara Health & Fitness Center, the City of Hampton, CNU, HU, Amerigroup Corp. in Virginia Beach and Newport New Shipyard.

Sometimes prescriptions are a must and unavoidable. After working for a compounding pharmacist for 4 years Dr. Gi is well aware of their cost and how to integrate safe, non-toxic, natural alternative health solutions.

Customers value the teams' wealth of knowledge and are pleased to have access to local alternative health professionals to get answers to their natural health questions.

As leaders in the natural health industry it's always about helping our community "make healthy choices" through H.O.P.E.

(Healthy Options Through Personal Education)

Call anytime to set up your company's holistic wellness program, a "Lunch and Learn" or for personal consultations.

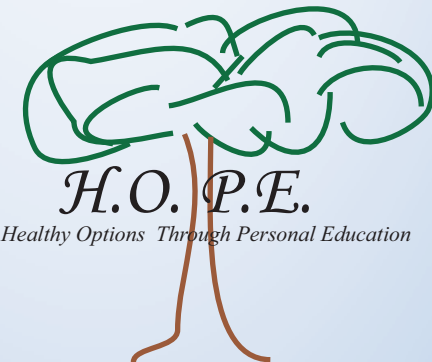
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Holistic Wellness Solutions

Holistic, Health & Wellness Program

**Providing H.O.P.E. to keeping your
employees informed and educated
about their health
NATURALLY!**



Holistic Wellness Solutions partners with corporate organizations to help create and maintain a healthy workforce

Designed to educate and motivate your employees to take control of their health naturally!



When employees are healthy and balanced they are more alert, they have more energy throughout their day and tend to get more done. They use less sick leave and perform at their highest levels.

More and more companies are adopting “Best Work Place” practices. Some of these include; going green, commuting options, incentive walking programs, flex work hours and **Wellness Programs.**



It's no secret that the “Holistic” approach to health and wellness is becoming more and more mainstream in our society and the need accurate and reliable information and education is harder to find.

With 20 years in the industry *HWWS* looks forward to partnering with you and your employees to help them make healthy choices!

The H.O.P.E. Holistic Approach to Workplace Wellness

Educate

Our mission is to educate and provide H.O.P.E (*Healthy Options Through Personal Education*). Dr. Gigi takes great pride in teaching holistic, health and wellness state-of-the-art, well researched materials.



Demonstrate

Starting with a simple curriculum that takes your employees back to the basics of health and wellness. Offering simple tips and creative ways to staying healthy especially with sedentary jobs.



Associate

HWWS, a people orientated company that is concerned about the health and well-being of your employees now and in the future.



Appreciate

We appreciate the opportunity to partner with your employees. Teaching them how to make and maintain healthy lifestyle choices using natural, non-toxic, non-evasive modalities.



Integrate

Putting it all together by leading your employees on a successful journey of continued health naturally!

