



# Holistic Wellness Solutions



## About The Facilitator

Dr. Gigi Fykes has been in the Holistic Health industry for nearly 30 years.

Dr. Gigi Fykes is a Naturopathic Doctor, Vitamin Supplement Specialist, Herbal & Aroma Therapy Consultant and a Homeopathic Retailer. She also owned and operated The Healthy Connection Health Food Store / Smoothie & Juice Bar for 16 years. Over the past 28 years she has provided the Hampton Roads region with well-vetted holistic and natural health information and education. Nutrition, vitamin and healthy lifestyle classes along with the frequently requested Juicing Boot Camps. She also provide professional, researched grade quality products and services, along with the healthiest and best tasting smoothies and juice in all of Hampton Roads. She has partnered with organizations such as NASA Langley Research, The City of Hampton Parks & Rec, AmeriGroup Health Ins. Corp. and Sentara Care Plex Hospital where her and her husband ran there highly acclaimed smoothie and juice bar, Smoothies Santé to name a few.

Dr. Gigi can be reached at her office in Newport News where she is still fulfilling her passion by helping her clients make healthy choices to reach their health goals.

Holistic Wellness Solutions (757) 532-6295

733Thimble Shaos Blvd., Suite 170 Office 121, Newport News VA 23606

drgind3@gmail.com

www.drgisholisticwellness.com

Copy 2010 All right reserved

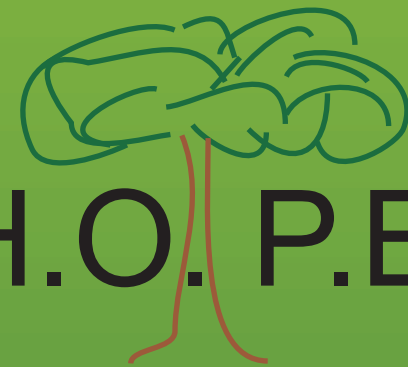


# Holistic Wellness Solutions

## Corporate Wellness Program

Providing H.O.P.E. to keeping your staff informed and educated

## NATURALLY



# H.O.P.E.

Healthy Options Through Personal Education



## Holistic Wellness Solutions partners with professional organizations to help create and maintain healthy clients and employees

Designed to educate your staff on how to take control of their health naturally.



When staff members are healthy and balanced they have more energy and are more alert. They use less sick leave and perform at their highest level.

More and more companies are adopting “Best Work Place” practices. Some of these include; going green, commuting options, flexible work hours and **wellness programs.**



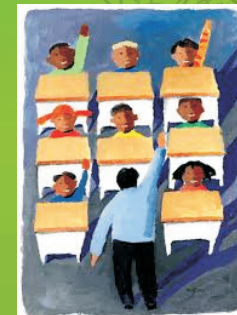
It's no secret that the holistic approach to health and wellness is becoming more and more mainstream in our society and the need for accurate and reliable information and education is not always readily available.

We look forward to partnering with you and your staff to help them make healthy choices!

## The H.O.P.E. Natural Approach to Self Care Holistically

### Educate

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



### Demonstrate

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



### Associate

A people orientated company that is concerned about the health and well-being of your staff now and in the future.



### Appreciate

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



### Integrate

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

