

# HEALTH AS WEALTH

Comprehensive corporate wellness  
Data-driven, doctor developed

**FACT:** 80% of illness and injury is due to lifestyle choices.

**FACT:** Our habits have significant impact on health, well-being, and performance.

*Health is in your hands*

## OBJECTIVES

- Significantly improve the health and well-being of participants, creating a culture of health that elevates the individuals as well as the company identity.
- Present the science & strategies to enhance personal and professional performance through sustainable lifestyle modifications
- Identify common root causes and risk factors for illness and injury with the goal of prevention

## DRIVERS OF HEALTH

- **FOOD** as fuel
- **MOVEMENT** as medicine
- **VICE + DEVICE** management
- **SLEEP**-ease
- **STRESS**-less
- **PEOPLE** - power of community

## PROGRAMS

### Intensive Interactive Workshop

8 weeks | 1hr weekly

- Deep dive into the 6 Drivers of Health
- Deconstructing myths
- Science & strategies

In person or remote

### The Masterclass

1 hour | Half-day | Full-day

- Keynote
- Corporate events
- Retreats/Offsite
- Lunch & Learn

In person or remote

### Private Consultations

Package of 3 | 1hr sessions

- C-suite and teams
- 1:1 Personalized lifestyle risk assessment & prescription for optimal health
- Follow-up coaching sessions x2

In person or remote

*Customized programs upon request*

*"I love this program..50X better than expected, thanks for making a difference!"*  
- corporate wellness program participant



Dr. Lillie Rosenthal is a New York City based integrative pain management physician with a specialty in Physical Medicine and Rehabilitation. Her personalized evidence -based lifestyle medicine approach treats pain and injury at its root cause. She offers a comprehensive treatment plan that optimizes the health, well-being and functional goals of her patients. She is an author, speaker, podcast host and corporate wellness consultant.

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