



**INFINITY  
EMPOWERMENT  
SERVICES**  
YOU DESERVE SO MUCH MORE

# CORPORATE WORKPLACE WELLNESS EDUCATION

## ABOUT

At Infinity Empowerment Services (IES), we understand that a company's most important asset is its people; that a healthy workforce is a productive workforce. In a recent study, researchers at Brigham Young University found that for every dollar spent on employee wellness programs, employers receive three to four dollars in healthcare savings. We offer comprehensive health and wellness consulting services that are designed to improve productivity, provide a more health conscious workforce, lower health care costs, reduce absenteeism and presenteeism. We use powerful training tools, workshops and lectures to educate, empower and inspire our clients towards better performance. The results are sustainable, economical and lasting. Another department of our company supplies sustainable gardening options for clients to take control of their food source. We specialize in year-round, indoor/outdoor aeroponic vertical gardening.

### Core Competencies

- Leadership, Value, Ethics
- Health Education
- Communication, Accountability for results
- Assess, Plan, Implement successful health strategies
- Informed Decision Making on Health Concerns
- Educate, Empower, Inspire

### Education/Experience

- Over 17+ years in the Wellness Industry
- Masters in Professional Counseling, South University
- Bachelors' Degree in Social Work, Florida A&M University
- Graduate of the Entrepreneurship Bootcamp for Veterans (EBV) with Disabilities at Whitman School of Management, Syracuse University.
- Certified Health Coach/Educator through the Dr. Sears Wellness Institute
- Retired Military Officer

### Featured Clients

2022 - Department of Treasury, Blacks in Government Fiscal Service Chapter - DC

2020 - First Command Bank, Norfolk, VA

2020 - AAPR Entrepreneurship - DC

2019-20 - Centura College, Norfolk, VA

### CURRENT

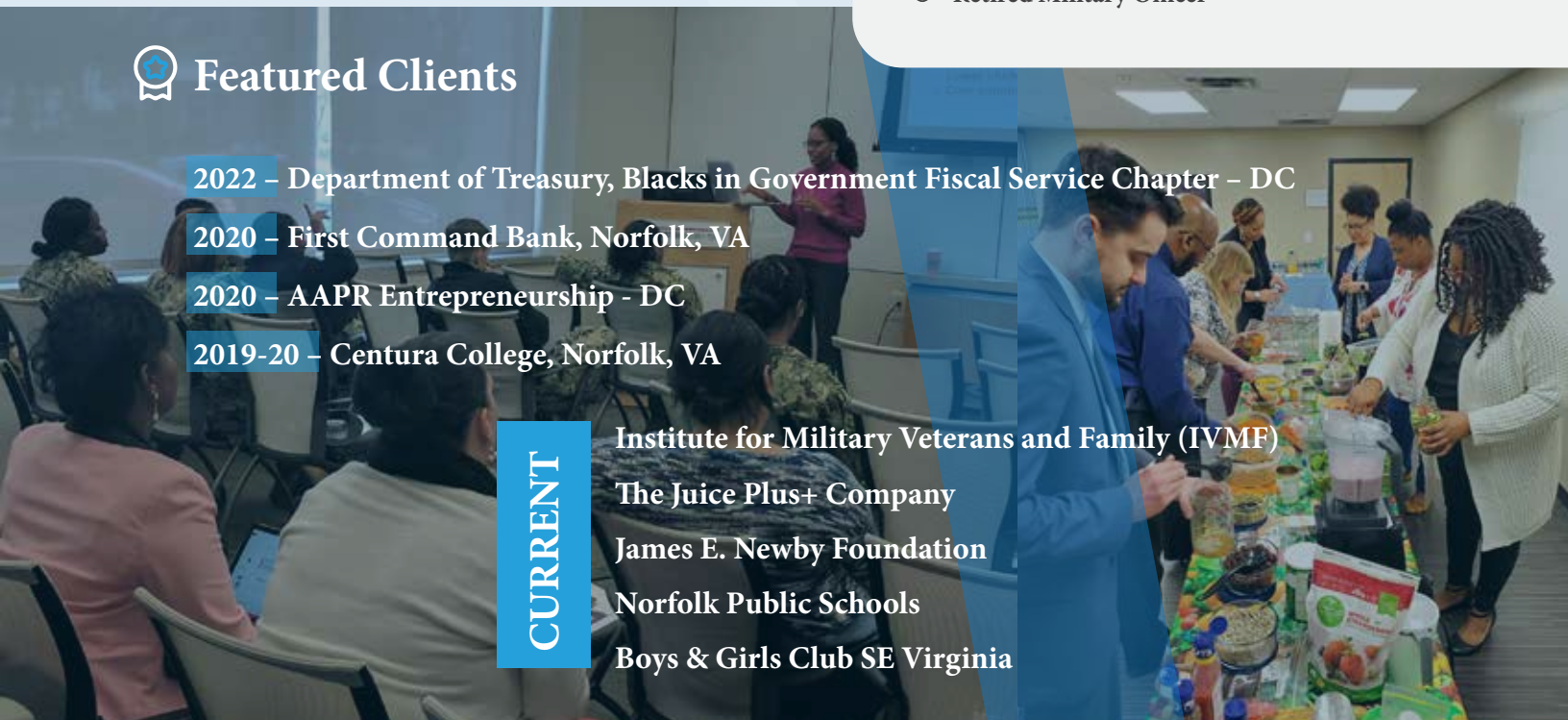
Institute for Military Veterans and Family (IVMF)

The Juice Plus+ Company

James E. Newby Foundation

Norfolk Public Schools

Boys & Girls Club SE Virginia



## Awards/Recognitions –

2021 - Smart & Sexy Outstanding Female Veteran Business Grant

2019 - Stacy's® and United Way Rise Project Microgrant Recipient

2019 - CBN Healthy Living - <https://www1.cbn.com/cbnnews/healthy-living?nid=517816>

2018 - Featured in the China Study Family Cookbook (pg. 161, 2018).

2018 - Named Outstanding Veteran Entrepreneur of the Year – IVMF at Syracuse University

2015 - Won the Best Social Venture Award from Citi Salutes – Realizing Your Dream Business Competition

DUNS Number - 079752004 Cage Code: 7SGF1  
UEID Number - PD68UMM61875

NAICS Code - 611710

NIGP Codes – 92400, 92418, 91832, 91838, 59530

## Services Offered

- ✔ Infinity Premier Health Workshops
- ✔ L.E.A.N Start and L.E.A.N Expectation Training
- ✔ Lunch n Learns
- ✔ Office Hours
- ✔ Personal Health Assessments
- ✔ Lectures
- ✔ Salad-in-a-Jar Workshops
- ✔ Healthy virtual or In person communities



- ✔ Service Disabled Veteran Owned Small Business
- ✔ Small Business    ✔ Women Owned Business
- ✔ Minority Owned Business    ✔ Micro Business

## Benefits

- Improved productivity
- Better concentration, focus, and alertness
- Enhanced employee morale
- Higher energy level
- Lower healthcare cost
- Reduced absenteeism, lost time, fewer sick days for both employees and family members
- Reduce Presenteeism, which leads to fewer injuries, less human error, and a more harmonious work environment
- Less employee turnover
- Fewer injuries, less human error, and a more harmonious work environment
- Reduced stress (“the 21st century disease”)



## Contact Info

### Infinity Empowerment Services

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