

Rising insurance costs
Employee turnover
Conflict in the workplace

HOW CAN YOU CREATE HEALTH & WELL-BEING WITHIN YOUR ORGANIZATION?

You're familiar with the research; you know you need to do something to help your employees manage stress and stay healthy. But maybe you're not sure where to start or how to sustain a wellness program that actually works.

What's different about my approach to wellness programming is that I teach simple yet powerful self-care tools that can be applied in any setting. Together we create a wellness model that fits your unique needs and budget.

OPTIONS INCLUDE:

- **Self-Care and Wellness Practice Groups:** Uniquely designed wellness groups for community stress reduction practice.
- **Continuing Education and Employee Wellness Leadership Training:** Employees who demonstrate natural strengths in facilitation and equanimity can become leaders of community stress reduction practice. CEUs are also available for licensed mental health professionals.
- **Consultation Services: Create Your Own Wellness Programs**
Ideal if you want your HR department to create wellness programs but they need help getting started.

JULIA AZIZ, LCSW-S

20+ years of counseling, meditation, and teaching experience in the fields of healthcare, human service, mental health, and education

Facilitation and speaking experience with a diverse range of organizations, including Seton Cove, Texas State University, Girling Hospice, Hays CISD, Kaballah School, LifeWorks, Austin Recovery Center, Austin Public Library, Serenity Wellness Center, Austin Born, AOMA, Community Action of Central Texas, Dar a Luz (Albuquerque, NM), and Mission College (San Jose, CA).

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