

# POSITIVE IMPACT COACHING

## What is Wellness ...

AND HOW DOES TALKING ABOUT  
IT BENEFIT YOUR EMPLOYEES  
AND YOUR COMPANY?

- Reduce absenteeism
- Improve productivity
- Reduce health care costs
- Improved health behaviors
- Reduce elevated health risks

*One common thread of  
successful companies  
and organizations is the  
investment in their workforce.*

*By far, the best investment  
is the gift of wellness.*



## CORPORATE WELLNESS PROGRAMS

PROGRAMS ARE FULLY-CUSTOMIZED AND  
TAILORED SPECIFICALLY FOR YOUR COMPANY

- Group and/or Individual Wellness Programs and Coaching
- One-time, series or ongoing programs
- Programs can focus on overall wellness and/or any of it's components – can be customized to best serve your people!
  - Help your team set and achieve wellness goals!
  - Presentations and coaching can be on-site or via webinar

A HEALTHY WORKFORCE  
**IS A HAPPY**  
PRODUCTIVE WORKFORCE

*Dr. Michelle Turk is on the post-graduate faculty of New York Chiropractic College and teaches doctors how to incorporate wellness into practice – let her teach you how to incorporate it into your business!*

*Dr. Turk is available to customize a wellness program that best serves your company.*

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