



# GRAND RAPIDS NATURAL HEALTH COMMUNITY OUTREACH PROGRAM

**Transforming the way our clients and community view optimal wellness, by providing individualized, patient-centered care, with the whole person in mind.**

Grand Rapids Natural Health is an all-inclusive health and wellness center, with many alternative health practitioners, all under one roof. We offer naturopathic care, integrative medicine and cardiology, family and couple therapy, health coaching, massage therapy, cranial sacral therapy, and organic skin care services. We are committed to optimizing the health and well being of our clients and the greater Grand Rapids Community. Our team inspires those they encounter to restore all areas of wellness; physical, mental, emotional and spiritual and focuses on the whole person, with an individualized approach, using the most natural methods possible.

## SEMINARS AND LUNCH AND LEARNS

We are passionate about bringing our vision and mission into the Grand Rapids community and into your workplace. We are excited to now offer lunch and learn talks and seminars! These are specifically developed to offer information to your team, which will impact their health as well as the health and growth of your business as a whole.

## POPULAR TOPICS INCLUDE

- Holistic Health 101
- Stress Management in the Workplace
- Time Management and Self-Care
- Cooking Healthy for the Whole Family
- Children's Health
- Emotional Eating
- Living a Healthy Life
- Or create your own!

For more information about our community outreach program and the services that we offer, please contact us at 616-264-6556 or [jen@gnaturalhealth.com](mailto:jen@gnaturalhealth.com).

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