



# Wellness Tree and ISIS Partner together to bring you Nutritional Consulting

Wellness Consultations to Help you Achieve Optimal Health  
**MENU OF SERVICES**

## **Private – One on One Nutritional Consultations**

Self - Investment: 3 or 6 month programs available

- o Initial one-hour session per week for first month to transition to new diet and lifestyle changes
- o Follow up 2, one-hour sessions a month, OR 3 - 40 minute sessions per month - including detailed suggestions on improving habits LIVE or BY PHONE to meet your busy schedule
- o Key knowledge on how your body works and what to do to improve your health
- o Help in nutrition, weight issues, food choices, stress management, nourishment, motivation and accountability in making changes
- o Health Food store tour – (Shopping in your community within your budget)
- o Kitchen clean up and cooking sessions – Reorganize your kitchen and see how it changes your life

## **Group Health Coaching**

Self Investment: Custom price quoting available (prices vary due to size of group)

- o Small groups of 4 minimum to 8 maximum persons per group
- o Personal time to talk about your changes and questions
- o 4 – one hour sessions per month with group
- o Structured sessions that involve 30 minutes of learning an essential piece of information in restoring great health ex. Cravings, Good fats, help in cleansing, nutrition, weight issues, food choices, supplements, nourishment, motivation and accountability in making changes

## **Classes and Workshops**

Customized Quotes available

- o Workshop sessions tailored to your corporation or organization (length usually 60-90 minutes)
- o Not your usual “information dump” but fun interactive programs geared to motivate, educate and inspire those in your organization to improve their health
- o Topics are vast – see list of workshops
- o Includes handouts



**ISIS Innovative Specialists Inspirational Services, LLC** 80 Park Street Montclair NJ 07042

Questions? Contact Irene Maltzan at [wellness@isisnj.us](mailto:wellness@isisnj.us) or call 201-463-6769

To make a referral fax request form to: 973-746-1533