LIVING WELL 4 LIFE, LLC CAPABILITY STATEMENT
HEALTHCARE WORKFORCE WELLNESS

"We enhance your existing employee wellness program with specialized expertise in women's health, lifestyle medicine, behavior change, and workforce resilience."

TARGET CLIENT: UNIVERSITY HOSPITAL (NEWARK, NJ)

Service-Disabled Veteran-Owned Small Business (SDVOSB) providing evidence-based workforce wellness, burnout prevention, and preventive health education solutions for large healthcare systems. We support hospitals in improving employee well-being, reducing chronic disease risk, and strengthening workforce resilience through structured wellness programs and lifestyle medicine coaching.

CORE HEALTHCARE SOLUTIONS

- Women's Health & Menopause Support Programs
- Healthcare Workforce Wellness & Burnout Prevention Programs
- Nurse & Clinical Staff Stress Reduction Coaching
- Chronic Disease Prevention (Hypertension, Diabetes, Obesity)
- Lifestyle Medicine & Nutrition Education
- Health Risk Assessments & Wellness Screenings
- Staff Wellness Workshops & Education Sessions
- Population Health & Preventive Care Education

DIFFERENTIATORS

SDVOSB-certified vendor with 20+ years of behavioral health, social work, and integrative wellness experience. Led by a PhD-level clinician and certified integrative nutrition health coach. Proven experience delivering virtual and onsite wellness programs across healthcare, veteran, and community populations. Focus on measurable outcomes including stress reduction, improved health behaviors, and workforce resilience.

RELEVANT EXPERIENCE

Lead Health Coach, Health Practice Advisors (corporate and group wellness programs)
Maternal Wellness Programs, Shades of Motherhood Network
Veteran wellness initiatives and community-based health education
Corporate and organizational wellness workshops and speaking engagements

CERTIFICATIONS & REGISTRATION

SDVOSB Certified | SAM Registered (Active) | NJ State SDVOB/VOB/SBE/SEDB/MWBE
UEI: S7EKE4LCTBW | CAGE: 6ZJA6 | EIN: 46-1633652
NAICS: 621399, 611710, 624190, 541612
UNSPSC: 93141500, 85111500, 85151600, 80101508

CONTACT

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