

# WORKPLACE WELLNESS 2020

## GOALS & BENEFITS:

Creative, Stress-free, Comprehensive Workplace Wellness Solutions  
Designed To Support A Productive, Healthy, Happy Company

An employee's state of well-being impacts their work life as well as their home life. Successful companies realize the importance of improving physical, emotional, financial and social aspects of their team is no longer a luxury, but a necessity. It does not have to be difficult. Open communication combined with caring strategies can ensure an enjoyable, high-functioning workplace. Bring Jill Ortiz and Rick Gabrielly into your office and make 2020 your best year yet.



*Jill Ortiz*

is a goal driven, persistent, go-getter, with a huge heart for her clients, family and friends. Jill is the glue that holds people together with her no-quit attitude and positive outlook on life. She walks in the footsteps of a strong lineage of women who pride themselves on a "You Can Do Anything" attitude.

As a Virtual Fitness and Nutrition Coach, Group Fitness Instructor and Personal Trainer, Jill's clients describe her as an inspirational leader by example, completely authentic and true to herself, who doesn't let anyone settle for less than they are capable of. In fact, it is her mission to instill that belief in others.

As an MBA with a prior career in New York City in Finance and Commercial Real Estate, Jill understands the strain on working professionals and especially those who are also parents. She has a special gift for helping those struggling with low energy and life balance. Jill empowers her clients to become consistent with their fitness and nutrition.

Some of Jill's specialties are 30-Minute effective at-home workouts, portion control nutrition, and natural sports supplementation.

Contact Jill at  
**914-471-7048**



*Rick Gabrielly*

is a passionate husband, father, and American Wellness Entrepreneur. His limitless enthusiasm, love of technology, and energy medicine inspires and motivates others. By choosing LOVE over fear, Rick creates a high-vibration environment with limitless possibilities to help others uncover, cultivate and celebrate their own unique gifts, as well as the gifts in those around them.

Rick helps business owners create workplace cultures for both purpose and profit. Connecting them through communication and the highest quality self-care options is his gift to the people he works with each day.

As a Board Certified Health Coach and former Wall Street Recruiter with 35 years of experience in Medicine, Finance and Business Consulting, Rick's vision is to help families across America get healthy and enjoy a simpler life, at home and at work.

Contact Rick at  
**914-715-8909**



**{ Set up your FREE Collaborative Meeting to Explore How Jill and Rick can help your Company Get Healthy and Stay Healthy in 2020! }**

**45 MINUTE  
ASSESSMENT MEETING**

**2 HR INTRO  
WORKSHOP**

**5 HR DAY OF  
WELLNESS**