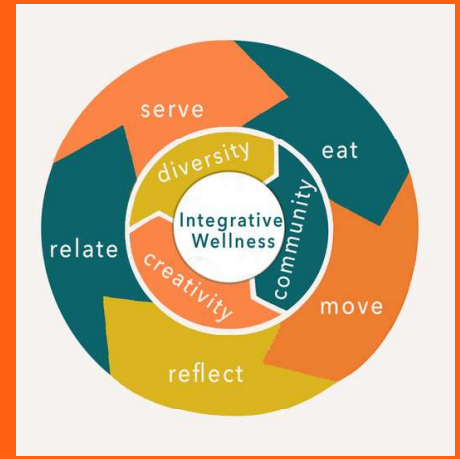




Bauman Integrative Wellness
practices ♦ arts ♦ community



INTEGRATIVE WELLNESS LEARN AND SHARE

WITH DR ED BAUMAN

Suggested Time: 45-60 mins

- Learn about our **unique Integrative Wellness approach** and applications, integrated with arts and diversity (delivered via live or on-demand formats) and how it **increases workplace productivity** in a fun and collaborative way
- Share with us your wellness culture, goals and challenges
- Experience one of our **wellness practices** in action



ABOUT DR BAUMAN

Dr. Ed Bauman has been at the forefront of the holistic health and nutrition renaissance for the past 50 years. He holds an MS. in Nutrition and a PhD. in Community Health Promotion. He is the founder of Bauman Wellness, Bauman College: Holistic Nutrition and Culinary Arts, and co-founder of the National Association of Nutrition Professionals (NANP).



To schedule, please email bewell@bauman-wellness.org