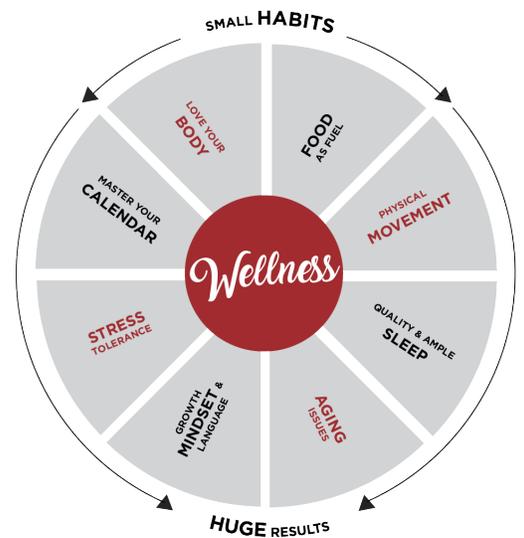




## A HOLISTIC APPROACH

Alexandria Wellness (AW) is a Comprehensive Wellness program located in Alexandria, Virginia. Led by Adrien Cotton, a seasoned health and wellness coach with 18 years experience, AW brings a holistic approach to wellness not found in the area. AW believes developing small habits focused on fitness, sleep, stress resilience, food, aging, calendar management, and a growth mindset will lead to optimal health, productivity and holistic wellness. We are committed to supporting individuals and organizations in developing healthy habits that bring overall well-being.

Our clients are executives within corporations, law firms and associations who strive for wellness while balancing important commitments to work and family. Adrien helps people understand how changes to small habits - rather than hours of commitment - can result in big shifts in wellness.



# OUR PROGRAMS

## CONCIERGE WELLNESS PROGRAM FOR INDIVIDUALS (CWPI)

The Concierge Wellness Program (CWPI) offers custom-made and personalized wellness coaching for busy and highly committed individuals. From fitness and food to stress and sleep coaching, CWPI provides wellness education, high impact new habit development, personalized wellness plans, fully-engaged accountability, and a no-nonsense commitment to living a healthy life. While there is a minimum commitment of 6 months when joining the program, 90% of CWPI clients remain considerably longer. CWPI also offers a broad network of referral partners for specialized treatment.



## CORPORATE WELLNESS PROGRAM (CWP)

Healthy, balanced employees are happier, more engaged, and considerably more productive. Unfortunately, many people experience high levels of work-related stress. This can be related to the workplace environment, the work itself, or because many people bring their home-based stress to work. Bringing wellness education and habit training into the workplace is one of the most powerful steps an organization can take to support its people.

CWP offers annual packages of eight or ten Experiences delivered once each month, or more frequently upon request. Each Experience is 4 hours long, is fun and engaging, and offers the most up-to-date information on topics like reducing stress, improving sleep, managing time and calendar, prioritizing the day for productivity, and cultivating wellness. With 10 monthly Experience themes to choose from and the ability to build a schedule based on Guided Workshops as well as Small Group and Individual Wellness Coaching, CWP is designed to successfully develop deeper wellness habits and is most effective when it becomes a staple in the corporate diet.

## ABOUT ALEXANDRIA WELLNESS FOUNDER, ADRIEN COTTON

- 17+ years experience as a public affairs executive with corporations, associations and grass roots organizations
- Extensive corporate and marketing communications experience
- An accomplished athlete, playing multiple sports in high school and college and completing dozens of road races including 5 Marine Corp Marathons
- Founded her first strength training one-on-one fitness studio in 2004
- Trained over 60 fitness coaches in a philosophy of strength
- Well-known wellness blogger with over 500 articles on topics related to health, wellness and fitness
- Mother of twin teenagers