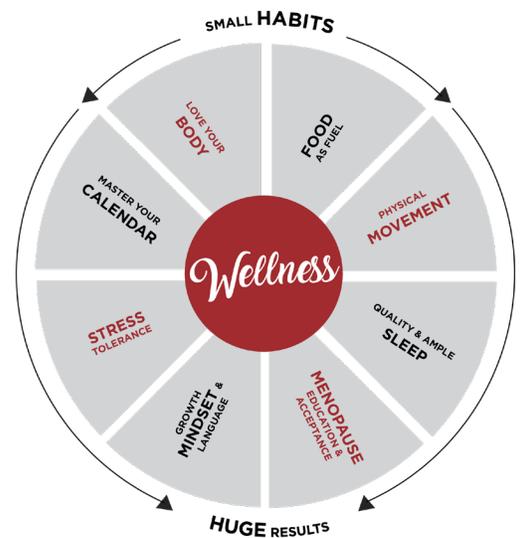




A HOLISTIC APPROACH

Alexandria Wellness (AW) is a Comprehensive Wellness program located in Alexandria, Virginia. Led by Adrien Cotton, a seasoned health and wellness coach with 16 years experience, AW brings a holistic approach to wellness not found in the area. AW believes a focus on fitness, sleep, stress tolerance, food, menopause, calendar, a healthy mindset, and body acceptance will lead to optimal health, productivity and holistic wellness. We are committed to supporting individuals and organizations to develop healthy habits that brings 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 but committed professionals. From fitness to food, CWPI provides wellness education, high impact new habit development, personalized fitness training, 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 a workshop series that can be offered once per week, once per month or once per quarter. Workshops are 60 minutes long, are fun and engaging (there isn't a space between these words), and offer the most up-to-date information on topics like reducing stress, improving sleep, managing time and calendar, prioritizing their day for a productivity and wellness. With 12 workshop topics to choose from and the ability to repeat topics with new content for deeper wellness habit development, CWP is most effective when it becomes a staple in the corporate diet.

ABOUT ALEXANDRIA WELLNES FOUNDER, ADRIEN COTTON

- 17 years experience as a public affairs executive with corporations, associations and grass roots organization
- Extensive corporate and marketing communications experience
- An accomplished athlete, playing multiple sports in high school and college and completed dozens of road races including (5) Marine Corp Marathons
- Founded the first strength training one-on-one fitness studio in 2004
- Trained over 60 fitness coaches
- Well-known wellness blogger with over 350 articles on topics related to health, wellness and fitness
- Mother of twin teenagers