



THE WELLNESS INSTITUTE

Financial Wellness

Holistic Wellness & Financial Health

The Wellness Institute practices “a holistic approach to health”. Our holistic wellness plans focus on the “whole person” which includes the individual’s physical, emotional, intellectual, environmental, spiritual, social, occupational and financial health.

In addition to the recommended wellness plan you receive from our holistic doctor, you will also receive a Financial Wellness Assessment*.



Financial Stress

Studies have continually shown that financial stress negatively impacts our health. When financially stressed, people tend to engage in unhealthy coping behaviors including overeating, smoking, alcohol, and drug abuse. People who are financially stressed also neglect to take care of themselves. Minor health issues then become more costly health problems.

Financial Wellness Assessment

After completion of the Financial Wellness Assessment, our financial planning team will provide financial advice geared towards savings and investment strategies, reducing debt, planning for retirement, and managing financial issues.

For more information, please contact us:

THE WELLNESS INSTITUTE

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