

# BARBIE BOULES

LONGEVITY  
WELLNESS

2024

A HOLISTIC APPROACH  
TO EMPLOYEE WELLNESS  
THAT WORKS



2024

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## BARBIE BOULES, RDN

President, Barbie Boules Longevity Wellness  
Registered Dietitian Nutritionist  
Certified Health Coach & Meditation Teacher  
Cognitive & Metabolic Health Specialist

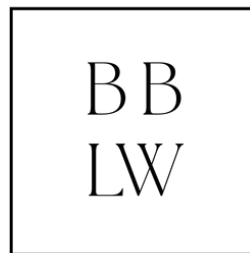
### ABOUT YOUR EXPERT

Barbie is a workplace wellness enthusiast, with extensive experience creating vibrant nutrition and health programming for over 100 employers and their people.

Her approachable, evidence-based insight is sought-after for inspiring health-promoting action. The foundation of BBLW programs is educating on The Four Pillars of Wellness: nourishing foods, quality sleep, daily movement, and solid stress skills.

Barbie has coached thousands of clients to success by coupling science-backed guidance with a unique approach that encourages a joy of eating and makes optimal nutrition and wellness simple, sustainable and satisfying.

Her programs are enjoyed by forward-thinking organizations across a number of industries including insurance, finance, legal, architecture, engineering, IT/software, television and more. Her presentations are an anticipated highlight in wellness initiatives across the U.S..



## PROGRAMS

**ENGAGE** employees in quality conversations about their wellness

**MOTIVATE** positive change, in individuals & the company culture

**INSPIRE** communication and camaraderie among groups

**CLARIFY** nutrition confusion & separate fact from fad

**ENCOURAGE** a cutting-edge & mindful approach to wellness

# WELLNESS PROGRAMMING

## OPTIONS



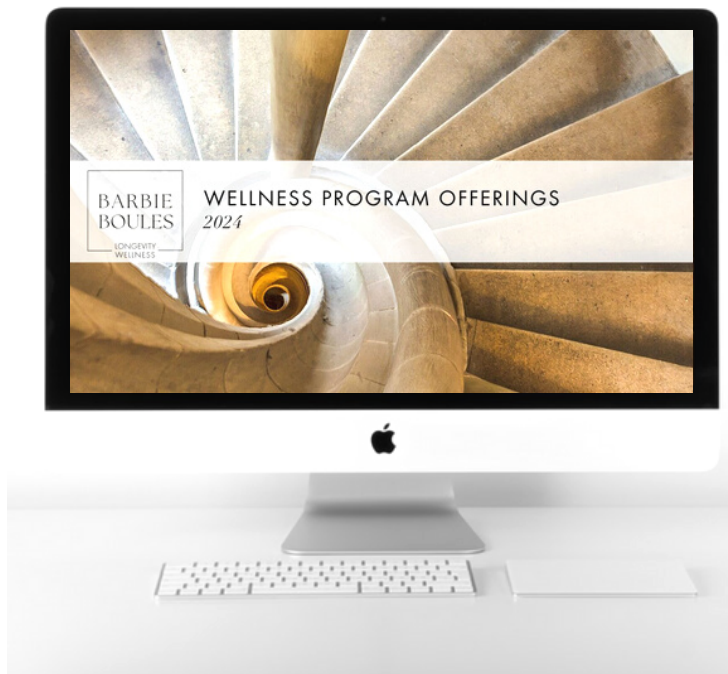
LET'S CUSTOMIZE YOUR INITIATIVE

## ORIENTATION

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These 30-minute sessions are desirable for creating awareness, inspiring anticipation, and improving participation for events throughout the year. Barbie will share a customized overview of what's in store, and answer questions. It's a quick and informative opportunity to promote the year's offerings.

VIRTUAL \$350  
IN-PERSON \$575  
TRAVEL *inquire*



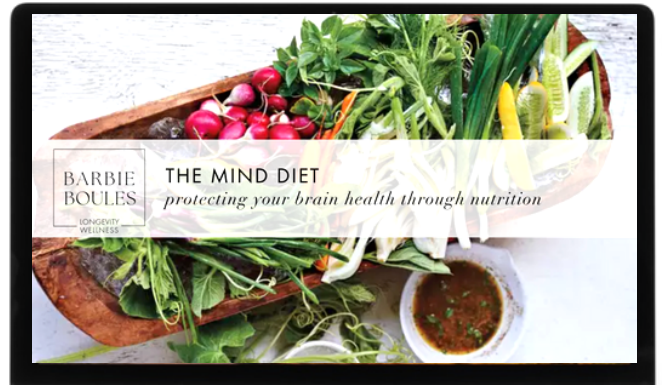
## LEARNING EVENTS

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Barbie's 60-minute dynamic and interactive online team events include:

*20 minutes workshop*  
*30 minutes cooking class*  
*10 minutes Q & A session*  
*comprehensive topic ebook & recipes*

These sessions get participants engaged, start conversations, and effect positive change. Everyone takes away simple, science-based insight they can implement immediately



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## LIBRARY



- No. 1 The MIND & Mediterranean Diet: Protecting Your Brain Health through Nutrition
- No. 2 The Power of Breakfast: How Your Eating Pattern Can Effect Your Health
- No. 3 The Why, What, & How of The Five Part Plate for Optimal Metabolic Health
- No. 4 Eating for Exercise: Nutrition for Fueling & Recovery
- No. 5 Nutrition & Lifestyle Practices for High Quality Sleep
- No. 6 Nutrition & Lifestyle Practices for Managing Stress
- No. 7 Nutrition & Lifestyle Practices for Optimizing Blood Pressure
- No. 8 Nutrition & Lifestyle Practices for Optimizing Blood Lipids
- No. 9 Nutrition & Lifestyle Practices for Optimizing Blood Sugar
- No. 10 Nutrition & Lifestyle Practices for Optimizing Body Composition
- No. 11 Holiday Healthy: Strategies for Enjoying the Season & Maintaining Your Goals
- No. 12 Habits Masterclass: Organizing Your Life for Better Health

pm

## 1:1 COACHING

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Barbie brings the same personalization to employee wellness coaching that she does to sessions with her private clients. Every employee benefits from individual attention, encouragement and effective goal setting. Her holistic and comprehensive approach addresses nourishing foods, quality sleep, daily movement, & stress skills.

SEE PRICING PAGE

1/2 DAY = 8 30-MINUTE SESSIONS

FULL DAY = 16 30-MINUTE SESSIONS





## SPEAKING EVENTS

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Incorporating Barbie Boules Longevity Wellness offerings into your panels, expos, health fairs, and wellness days is a great way to add high-quality information, dynamic conversation, and a unique spin on wellness topics including nutrition and lifestyle practices for optimal metabolic & brain health.

VIRTUAL \$750  
IN-PERSON \$975  
TRAVEL inquire



# PRICING

OPTIONS



LET'S CUSTOMIZE YOUR INITIATIVE

ORIENTATION  
SESSION

VIRTUAL:  
\$350

IN-PERSON:  
\$575

LEARNING  
EVENTS

VIRTUAL ONLY

1 TO 3 EVENTS: \$850/ea  
4 TO 6 EVENTS: \$765/ea  
7 TO 9 EVENTS: \$720/ea  
10 TO 12 EVENTS: \$680/ea

SPEAKING  
ENGAGEMENTS

VIRTUAL:  
\$750

IN-PERSON:  
\$975

PRIVATE  
COUNSELING

VIRTUAL:  
\$600 1/2 day  
\$1200 full day

IN-PERSON:  
\$825 1/2 day  
\$1425 full day

# POPULAR PROGRAMMING

COMBINATIONS



LET'S CUSTOMIZE YOUR INITIATIVE

# WELLNESS plan No. 1

A perfect option for simple, enjoyable, and informative quarterly engagement. Option One is an effective combination of overall wellness guidance that addresses cooking, quality sleep, daily movement, stress management and self-care skills.

JANUARY	—●	ORIENTATION
FEBRUARY	—●	LEARNING EVENT 1
MAY	—●	LEARNING EVENT 2
AUGUST	—●	LEARNING EVENT 3
NOVEMBER	—●	LEARNING EVENT 4

\$765  
per quarter virtual

# WELLNESS plan No. 2

Including one day per quarter of private counseling is an effective way to offer personalized attention to your employees' nutrition and wellness concerns. Option Two combines helpful, detailed insight on important health topics, inspiring cooking instruction, and appreciated one-on-one guidance.

\$1965  
per quarter virtual

JANUARY	—●	ORIENTATION
FEBRUARY	—●	LEARNING EVENT 1
MARCH	—●	NUTRITION & WELLNESS COUNSELING DAY 1
MAY	—●	LEARNING EVENT 2
JUNE	—●	NUTRITION & WELLNESS COUNSELING DAY 2
AUGUST	—●	LEARNING EVENT 3
SEPTEMBER	—●	NUTRITION & WELLNESS COUNSELING DAY 3
NOVEMBER	—●	LEARNING EVENT 4
DECEMBER	—●	NUTRITION & WELLNESS COUNSELING DAY 4

# WELLNESS plan No. 3

Cover a full range of current and crucial topics that truly educate your employees and help them improve or maintain their metabolic health and reduce disease risk. Option Three is an excellent way to maintain keep your people engaged with their health throughout the year.

\$2040  
per quarter virtual

JANUARY	————●	ORIENTATION & LEARNING EVENT 1
FEBRUARY	————●	LEARNING EVENT 2
MARCH	————●	LEARNING EVENT 3
APRIL	————●	LEARNING EVENT 4
MAY	————●	LEARNING EVENT 5
JUNE	————●	LEARNING EVENT 6
JULY	————●	LEARNING EVENT 7
AUGUST	————●	LEARNING EVENT 8
SEPTEMBER	————●	LEARNING EVENT 9
OCTOBER	————●	LEARNING EVENT 10
NOVEMBER	————●	LEARNING EVENT 11
DECEMBER	————●	LEARNING EVENT 12



A multifaceted approach to wellness is the only method that leads to lasting, positive change. I specialize in helping you invest in your employees' health, before it becomes an expense.



## CONTACT

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LEARN MORE

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