



DR. SARAH VADEBONCOEUR
Naturopathic Doctor

Give your employees the gift of health with a Corporate Wellness Workshop

What can your employees expect?

- Increased energy levels
- Increased mental alertness & productivity levels
- Improved sleep quality
- Better appetite control & reduced food cravings

What can you expect?

- Increased productivity
- Improved workplace morale and camaraderie
- Reduced sick days and health-related costs



75 % of workplace productivity losses are due to employee lifestyle choices
~Forbes

Choose from my most popular Corporate Wellness Workshops:

1. 3 Common Nutrition Mistakes That Cause Busy Professionals To Feel Tired

Do you skip breakfast and reach for coffee instead? Does your afternoon snack consist of pop and a chocolate bar? Our daily food choices can leave us feeling tired and unproductive. Learn what common nutrition mistakes you may be making that will you feeling tired. Dr. Sarah will show you how to create simple yet powerful nutrition habits to boost your energy and reduce food cravings.

2. 7 Secret Signs That You're Stressed Out (and what to do about it)

One in four Canadians describes their day-to-day as highly stressful. Stress takes its toll on our mental and physical health and contributes to most chronic diseases. Dr. Sarah will discuss 7 secret signs that your body is under stress and she will offer simple solutions for helping you to better cope with stress.

3. Lights Out! 3 Dangerous Habits That Keep You Lying Awake At Night

Getting a good night's sleep is one of the most important factors affecting your health. Unfortunately, many adults have trouble falling asleep or don't feel rested after a full night's sleep. Dr. Sarah will discuss 3 common habits that may be keeping you awake at night and she will provide you with nutrition and lifestyle tips for a sound sleep.

*Other topics available upon request



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Workshop Testimonials:

“Dr. Sarah’s talk was both comprehensive and enlightening, packing a wealth of information into a one hour session.” ~Sigrid Emery

Dr. Sarah delivered an excellent presentation ...at the Ottawa Public Library. She welcomed questions from the audience throughout her presentation, and stayed afterwards to talk to participants. ~Dorothy Jeffries, Coordinator, Lifelong Learning & Literacy, Ottawa Public Library

About Dr. Sarah Vadeboncoeur, ND

Dr. Sarah Vadeboncoeur is a Naturopathic Doctor with a passion for nutrition, healthy living, and natural medicine. As an accomplished speaker, Sarah’s mission is to educate and empower individuals on their journey towards healthier living. Sarah had helped hundreds of patients suffering with fatigue, insomnia, weight gain, hypothyroid, digestive issues such as IBS, and skin complaints. She also has experience offering Corporate Wellness workshops and programs to companies including Telus Mobility, Ottawa Police Services and the Region of Peel. She truly believes that everyone can lead a healthier life if given the right tools, information, and motivation.

About Naturopathic Doctors

Ontario’s Naturopathic Doctors have been a regulated primary healthcare profession in Ontario, with a long term track record of safety and success, since 1925. NDs are highly-educated health care professionals who have completed a minimum of 7 years of post-secondary education. It is estimated that there are almost three-quarters of a million patient-visits to Ontario Naturopathic Doctors each year.

What companies are working with Naturopathic Doctors?

- Ottawa Police Services
- Telus Mobility
- Canadian Tire
- Canada Post Corporation
- Ottawa General Hospital

What are the benefits of Naturopathic Medicine for Corporations?

- A 1-year Naturopathic Care program resulted in a net decrease of 3.3 percentage points in 10-year cardiovascular disease event risk and an average net savings of \$1187 in employer costs
Herman PM, Szczurko O, Cooley K, Seely D. A naturopathic approach to the prevention of cardiovascular disease: cost-effectiveness analysis of a pragmatic multi-worksite randomized clinical trial. J Occup Environ Med. 2014 Feb;56(2):171-6
- After 8 weeks of Naturopathic care, participants reported decreased back pain, improved quality of life, and weight loss. Naturopathic care for chronic low back pain: a randomized trial. Szczurko O, Cooley K, Busse JW, Seely D, Bernhardt B, Guyatt GH, Zhou Q, Mills EJ. PLoS ONE. 2007;2(9):e919.

**To learn more or to book a Corporate Wellness Workshop
please contact me at 613-889-4327 or sarahmvadeboncoeur@gmail.com**