



Wellness programs for the enlightened business.

Unity Wellness Group, LLC
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UNITY WELLNESS GROUP FACT SHEET

About Unity Wellness Group®

Unity Wellness Group® LLC was founded in 2008 to help companies bring the health-transforming benefits of mind-body practices to their employees, resulting in less stress and more productivity.

Our wellness programs help prevent and manage some of the most common and costly health issues, thus lowering insurance costs for companies and increasing productivity, job satisfaction and morale amongst employees. Unity also offers work programs that help improve mindfulness on the job and optimize mental capacities to enhance creativity, concentration, brain function and work performance.

Mission Statement

Unity Wellness Group® is an innovative and compassionate wellness company devoted to helping companies value and optimize their human capital potential. We provide effective and enjoyable wellness programs that reduce employee stress and enhance work performance, satisfaction, health and vitality while contributing to overall corporate profitability. We view ourselves as partners with our customers and our employees and aim to customize our programs for maximum impact.

Our tagline is **Wellness Programs for the Enlightened Business** because we believe that the organizations that thrive long term are those that understand that their number one asset is their employees. We aim to provide wellness programs with measurable business goals in mind, an innovative spirit and whenever appropriate a sense of humor.

Company Milestones – When it comes to wellness . . . being new is better

- **Winter 2007** - Unity business concept was conceived by founder Kristin Deyle following meditation in a yoga class. Kristin felt inspired to develop a business that delivers the healing benefits of various mind-body science modalities to organizations to prevent disease and optimize wellness
- **Spring 2008** - Unity was founded in May 2008 as a Limited Liability Company incorporated in Illinois; extensive secondary research began to identify the most common and costly health issues at corporate worksites and map them back to mind-body wellness programs that prevent, manage and resolve these health issues
- **Third Quarter 2009** - Unity developed and outlined curriculum of 20 initial baseline wellness programs using evidence proven and ancient mind-body techniques and protocols



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- **Fourth Quarter 2009** - Company logo and name trademark registered with US patent office
- **First Quarter 2010** - Unity automates online business functions to efficiently serve mid to large-size companies and recruits 30 qualified wellness educators across various health and academic disciplines to lead and instruct programs (PT, PHD, RYT)
- **Third Quarter 2010** - Soft launch of company with sponsorship at National Wellness Institute and direct mail campaigns
- **First Quarter 2011** - Unity's operation is ready for full-scale national launch with quality programs, educators and protocols in place; Unity has little debt and operations are scaled for growth
- **First Quarter 2011** - Introduction of groundbreaking Neuroscience programs that can provide resilience to stress, decrease age of brain and reverse disease and illness using mind-body protocols of yoga, nutrition and psychology
- **First Quarter 2011** - Full scale marketing and business development efforts are planned to build market awareness on Unity Wellness Group, LLC

Unity Wellness Group Programs

Unity programs combine modern science with the wisdom of the world's healing traditions, to help individuals heal themselves in common and costly areas of concern. Unity offers programs that provide wellness solutions in four main areas:

- Stress Reduction and Stress Resiliency
- Cognitive Enhancement & Thought Leadership
- Health, Pain & Disease Management
- Wellness Education Materials & Consulting

Complete offering of Unity's wellness programs can be found online at:
<http://www.unitywellnessgroup.com/program-overview/>

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