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Employee Health Fair

Wellness Guide

April 15, 2025

NC 401(k) and NC 457 Plans

Raleigh, NC 27604

(919) 602-8226

www.myncplans.com

Chatham County Parks and Recreation

Pittsboro, NC 27312

(919) 545-8553

<https://www.chathamcountync.gov/parks-rec>

Chatham Literacy

Siler City, NC 27344

(919) 742-0578

<https://chathamliteracy.org/>

Comparion Insurance Agency

4109 Wake Forest Road, Suite 100

Raleigh, NC 27609

(919) 480-9155

www.comparioninsurance.com

Comparion Insurance Agency is one of the largest Personal Lines agencies in the U.S. by premium with over 2,000 local agents and 180 offices. Comparion is owned by Liberty Mutual, a Fortune 75 company. Comparion Insurance offers a unique value proposition that sets us apart from other insurance providers. Our core focus is on providing our customers with the best coverage options at the most competitive rates. We are an independent insurance agency, which means we have relationships with multiple insurance carriers. This allows us to shop around on behalf of our customers and find the policies that best meet their individual needs. We understand that insurance can be complex and overwhelming, so we strive to simplify the process by doing the comparison work for our customers. Our dedicated team of experts is committed to providing personalized service, ensuring that our customers have the right protection in place for their ... [...]

Emerge Pediatric Therapy

Cary, NC 27519

(704) 564-4495

<https://emergepediatrictherapy.com/>

Fleet Feet

Durham, NC 27713

(919) 599-2748

<https://www.fleetfeet.com/s/carrboro/>

Good Gut Alchemy

Cary, NC 27519

(309) 533-5382

goodgutalchemy.com

Hello, I'm Taruja Borke, the founder of Good Gut Alchemy. As a Holistic Health Coach, Yoga Teacher, and Wellness Educator, I'm passionate about promoting wellness through the power of Plant-based nutrition and mindful living. My expertise lies in guiding individuals who struggle with digestive discomforts, such as constipation and IBS, to take control of their digestion. In my practice, I go

beyond just addressing symptoms; I aim to uncover and treat the root cause of health concerns. I emphasize the idea that food can be a powerful form of medicine, and I'm here to help you learn how to use it to your advantage. I am excited to bring my holistic approach to your wellness fairs and help more people discover the transformative power of food and daily practices to achieve vibrant health.

Green Health First

PO Box 1474

Angier, NC 27501

(919) 656-0963

www.greenhealthfirst.com

Krippa Family Psychological & Wellness

200 East St

Pittsboro, NC 27312

(919) 893-9444

www.ncpsychologist.com

Monarch

Albemarle, NC 28001

9842829467x5404

Nutrition HealthWorks

Mooresville, NC 28117

(704) 380-4655

www.nutritionhealthworks.com

Customized meal Plans for Weight Management, Sports Performance, Allergies, and Youth Nutrition
Metabolic Testing Nutrition and Health Coaching Grocery Store Tours Corporate Nutrition

One80 Counseling

One80 Counseling Garner, 69 Shipwash Dr

Garner, NC 27529

(919) 772-1990

www.one80nc.com

One-Eighty Counseling, PA was founded in 2007 and has grown to become one of the most reputable mental health group practices in the Greater Triangle area, now serving the "Triangle to the Coast". With locations throughout Wake, Johnston, and New Hanover Counties, we offer comprehensive mental health and substance abuse counseling for school-aged children, pre-teens, adolescents, adults, couples, and families. Our diverse team of therapists has extensive experience helping people identify and overcome a broad range of mental health and addiction concerns. When you meet with a provider at One-Eighty Counseling, you will receive the highest quality of professional care. Our licensed clinical counselors, social workers, marriage and family therapists, and psychologists provide a supportive environment to meet you where you are and help you or your loved one Turn Your Life Around.

PM Business Group - Wellness for Life

Kernersville, NC 27284

(336) 870-4850

<https://www.nutrilitetraceability.com/>

With 15+ years of experience in the wellness industry, we strive to bring you the absolute best solutions available in your personal quest for optimal health and outer beauty. From the nutritional coaching perspective, we work with you based on your genetics to provide solutions for optimal weight management, increased energy etc. In addition, for all of our competitive as well as recreational athlete friends, we have organic supplement resources, many of which are NSF certified to help you in achieving your performance goals. As a compliment to our inner health solutions, as certified skin analysts, we will work to provide non-invasive dermatological options to assist in your quest for extending and/or improving your outer youthfulness! Ultimately, it's our desire to help you look and feel your absolute best!

Real Time Pain Relief

3215 Guess Rd,, 105
Durham, NC 27705
(919) 724-4410
<https://ncrtpr.com>

RespAir Sleep

3200 Blue Ridge Rd, Suite 224
Raleigh, NC 27612
(919) 307-8960
www.respairsleep.com

Senior Veterans Council.com

4301 Summer Brook Dr
Apex, NC 27539
(919) 749-8810
www.seniorveteranscouncil.com

The Senior Veterans Council provides information and assistance in obtaining resources for senior family members in need of care. While we focus on senior war-time veterans and widows (WWII, Korea, Vietnam), we also provide information and guidance regarding Medicaid, Medicare and other government benefits to the general public. We are accredited by the Veterans Administration to assist Veterans and Widows in the education and pursuit of VA Compensation Benefits for Service Connected Disabilities.

Spine & Pain Associates

Raleigh, NC 27607
(919) 825-3902
<https://spineandpainassociates.com/>

Stretch Zone Winston Salem/Greensboro

205 S. Stratford Road, Suite N-B
Winston-Salem, NC 27103
(336) 829-5909
<https://www.stretchzone.com/locations/winston-salem-nc>

At Stretch Zone, we offer practitioner assisted stretching. Practitioner assisted stretching works with you, not against you. It provides benefits like helping to improve quality of life, mobility, and overall

state of mind. Stretching is crucial for muscle and joint health. We do all the work and you get all of the benefits!

Triangle Wellness and Recovery

1000 Darrington Drive, Suite 204

Cary, NC 27513

(919) 606-4519

www.twrnc.com

Triangle Wellness & Recovery offers the only dual diagnosis Intensive Outpatient Program in Cary for mental health and substance use disorders! We also offer MAT, psychiatric medication management, Ketamine, KAP training and Outpatient counseling services

doTERRA Wellness Advocate

High Point, NC 27265

(336) 862-2280

<https://www.doterra.com/US/en/site/lauragarcia>

Thanks for Attending!