

OUR EXPERT APPROACH

Our expert team has years of experience ready to help you on your wellness journey! These passionate coaches will provide you with the support and guidance you need to become, and stay, successful!

Maureen Laubacher

Corporate & Clinical Services Manager

Maureen is dedicated to connecting community members with the resources they need to start or improve healthy habits
mlaubacher@iwp-llc.com

Josh Lamtman

Cardiopulmonary Transition Orthopedic Transition

Josh has worked in Phases II and III Cardiopulmonary Rehab at Akron General Medical Center. It was during this time that he discovered his passion for helping people with their Health & Wellness needs.
jlamtman@iwp-llc.com

Lori Harvey

Registered Dietitian Nutritionist

As a Registered Dietician Nutritionist, Lori works closely with her clients to identify key factors that may be holding them back from their nutrition goals. She has been a Registered Dietitian Nutritionist since 2010 and has experience in community health, weight management, workplace wellness, nutrition counseling as well as health education.
lharvey@iwp-llc.com

Michelle Kelly

Registered Dietitian Nutritionist

Michelle has been a Registered and Licensed Dietitian since 2016. She has spent most of her career in community health and health education. In 2023, Michelle earned her Master of Education in Community Health Promotion from Cleveland State University. Michelle hopes to not only educate and empower her clients but also learn from them as they continue or begin their wellness journey.
mkelly@iwp-llc.com

Aja Russo

Health Coach

Aja aspires to help as many people as possible on their path to wellness through guiding & coaching people about the importance of behavior change, staying motivated, exercising, and having a positive outlook.
arusso@iwp-llc.com

Emily Plocinik

Rock Steady Boxing Coach

Emily loves empowering people from all levels of mobility and fitness and to assist them with reaching their goals during their fitness journey!
eplocinik@iwp-llc.com

Exercise is Medicine Interest form

Name: _____

Date: _____ Phone: _____

Email: _____

Program of interest:

- Orthopedic Transition Health Coaching
 Cardiopulmonary Transition Nutrition
 Rock Steady Boxing

Diagnosis: _____

Injury/surgery history: _____

Physician referred by:

Contact us

Sequoia Wellness

330.325.6102

info@sequoia-wellness.com

EXERCISE IS MEDICINE

Fitness & Nutrition Programs



Cardiopulmonary & Orthopedic Transition Programs

Who is the program for?

- Previous ankle, knee, hip, back or rotator cuff surgery and/or physical therapy.
- Individuals who want to be more confident with physical activity or activities of daily living.
- Anyone with a current diagnosis of cardiac or pulmonary disease event.

What's Included

- 8-Week Program
- Biometric Screening
- Functional Movement Kinotek Screening
- 2 One-on-One Goal Setting Sessions
- 6 One-On-One Training Sessions
- 8 Sequoia Wellness Facility Day Passes
- 6 Group Exercise passes
- Individualized Exercise Prescription



Cost: \$165

Health Coaching Program

Who is the program for?

- Anyone who needs help with creating and maintaining holistic wellness goals.

What's Included

- 2 month one-on-one health coaching program
- 2, 15-minute Nutrition Consultations
- Wellness Vision Statement

Cost: \$210/month



Nutrition Programs



Who is the program for?

- Anyone interested in learning more about the food they eat and how it effects their body
- People in need of accountability and direction for their nutrition goals

Personal Nutrition Program

- 2 month one-on-one personal nutrition program
- 4 one-on-one sessions with a Registered Dietitian Nutritionist

Cost: \$250/month

Individual Session: \$85

First Step Nutrition Program

- 6-week program
- 2 one-on-one consultations
- Weekly group classes twice a week (alternating between small group training and nutrition classes)
- Fitness Assessment and individualized Exercise Plan

Cost: \$330

Members save 10% on ALL Sequoia Exercise is Medicine programs!



For more information about our Exercise is Medicine Programs email: mlaubacher@iwp-llc.com

Rock Steady Boxing Parkinson's Disease Program

Who is the program for?

- Anyone, at any level of Parkinson's Disease that wants to lessen their symptoms.
- For those with balance and mobility issues.
- For those seeking to lead a healthier & happier life!
- People of all ages and abilities can participate regardless of Parkinson's Disease Diagnosis.

What's Included

- 2x/Week Rock Steady Boxing Class
 - Non-contact boxing class focusing on strength training, reaction time, balance and core work.
 - No boxing experience necessary.
- Classes led by Certified Rock Steady Boxing Coaches.
- Coaches work with each participant to develop the best and safest exercise program.
- A Rock Steady Boxing Assessment is required prior to participation. The assessment is \$60. Includes boxing gloves.

Cost: \$60/month

Sequoia members save 10%

Mondays & Fridays 10:30 - 12:00pm

For more information, scan the QR code below and one of our coaches will contact you.

