

TEMPLE FIT CO.

WELLNESS AGENCY FOR THE BUSY & OVERWHELMED

SPIRITUAL



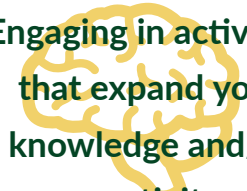
PHYSICAL

Caring for your body through rest, exercise, quality foods, and proper hygiene.



INTELLECTUAL

Engaging in activities that expand your knowledge and/or creativity.



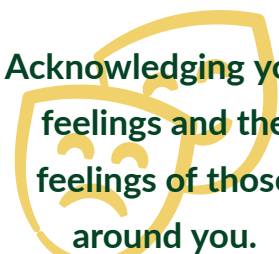
CAREER & FINANCIAL

Operating in your skills, gifts, and passions and building a financial legacy.



EMOTIONAL & MENTAL

Acknowledging your feelings and the feelings of those around you.



SOCIAL

Nurturing healthy relationships.



About The Temple Fit Company, LLC

*The Temple Fit Company, LLC, (Temple Fit Co.)
is a wellness agency for the busy and overwhelmed.
We are home to 25+ Wellness Educators & Fitness Instructors.*

Our **personal and professional development speakers** cover a wide range of topics relating to career and financial, emotional and mental, intellectual, physical, social, and spiritual wellness. Our fitness instructors are qualified to teach yoga, Zumba®, circuit training, deep breathing, and other fitness workshops. Our team also includes massage therapists. Contact us for your retreats, staff in-services, conferences, and workshops.

Contact Information:

Dr. Asha Fields Brewer, Director

Phone: 972-850-6940

Email: hello@templefit.co | Website: www.templefit.co

Facebook: www.facebook.com/templefitco | Instagram: www.instagram.com/templefitco

Our Clients

Some of our former and current **clients in education and business/professional development** include the following:

Florida Agricultural and Mechanical University (FAMU)	Florida State University (FSU)	Other Education and Business/ Professional Development Clients
-Developmental Research School (DRS) -Division of Student Affairs -Educational Research Center for Child Development (ERCCD) -Children's Defense Fund Freedom School	-Center for Academic Retention and Enhancement (CARE) -College of Medicine -TRiO Student Support Services-SCOPE -TRiO Student Support Services-STEM -TRiO Upward Bound	-Capital City Chamber of Commerce Conference -National Wellness Conference -Tri-State TRiO Conference -Women @ Werk Conference -Women on the Rise Conference -Women Who Mean Business Conference

Our Services

Our clients have used our services as "workplace wellness benefits," grant program deliverables, continuing education units (CEU's), professional development hours, conference breakout sessions, and more.

How will you use our services?

Our program options span from 1 hour to 8-weeks. We also offer online add-on options. How it works:

Step 1: Contact our office via phone or email

Step 2: We learn your needs and propose a few options

Step 3: Select an option and dates

Step 4: We provide experts to train and engage your community or organization

"We take care of the busy and overwhelmed."