



ABOUT ME

Tanya Fasnacht Jolliffe, RDN, LD, CMHIMP is a Registered Dietitian Nutritionist, Licensed Dietitian, and Certified Mental Health Integrative Medicine Provider. She applies an integrative approach to health and wellness using conventional medicine and nutrition best practices with applied wellness practices to provide programs, tools, and strategies that IGNITE change for lasting health and wholeness. Tanya is also the author of "[The Mindful Me Journey: A 40-Day Guided Journal Toward a Healthier Relationship with Food and Exercise.](#)"

COMPANY SNAPSHOT

Primary Contact: Tanya Jolliffe
Phone: 513-659-3017
Email: Tanya@LiTWellnessSolutions.com
Website: www.litwellnesssolutions.com
Address:
7917 W Gate Park, West Chester, OH 45069

DUNS: 034360866
CAGE Code: 8R6A7
NAICS Code: 541990 - All other professional and 621399 - Other medical
PSC Code: Q999 - Medical - other

Procurement Designations:
Small Business
Woman Owned Small Business

Credentials:

- Registration with the Commission on Dietetic Registration
- Licensure with the Medical Board of Ohio
- Certified integrative health provider
- Trained lifestyle coach for Prevent T2

LiT WELLNESS SOLUTIONS, LLC

Capability Statement

EXECUTIVE SUMMARY

LiT Wellness Solutions, LLC is a woman owned small business providing integrative health and wellness services to individuals and organizations. We service company workplace wellness initiatives with emerging best practice solutions to assist with employee health issues while improving well-being. At the same time we support individuals as they make behavior and lifestyle changes to promote lasting health transformation. Our strategic solutions to health and wellness problems help people and organizations create life and work cultures for lasting change to support all aspects of health and well-being.

CORE COMPETENCIES

Services

- Wellness Culture Development
- Behavior Modification
- Mindful and Attuned Eating
- Motivational Interviewing
- Health Behavior Change Support
- Nutrition Education
- Medical Nutrition Therapy
- Program Development
- Health Coaching
- Lifestyle Coaching
- Strategic Planning
- Discipleship Mentoring

Solutions

- IGNITE Six-step Process for Lasting Change
- Well Driver Transportation Wellness Program
- Lifestyle Wellness Development Program
- The Mindful Me Journey Guided Journaling Program
- Technology-based Virtual Coaching Programs
 - Healthy Living Program
 - Stress Management Program
 - Well Driver Recertification Ready Program

KEY DIFFERENTIATORS

- Seasoned and tested leader
- Credentialed professional
- Strong past performance
- Solution oriented and values driven coaching
- Focused on maximizing clients ROI