

The whole JTA Wellness team is very professional and very knowledgeable. They are experts in their field and have helped many of our employees make lifestyle changes whether through engaging consulting sessions and/or webinars. Their meal plan booklet is easy to use and understand which has been such a helpful tool for those working to change their eating habits. They specialize with how food can control and improve health issues such as diabetes, blood pressure, cholesterol, and many other diseases. Another plus is their recipes are delicious and healthy! JTA Wellness has been a wonderful well-being resource for our wellness program.



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"Those who think they have no time for bodily exercise will sooner or later have to find time for illness" -
Edward Stanley