



## **FACT SHEET**

AIHF Wellness is a leader in wellness care, empowering companies and individuals alike to become more physically fit, productive and profitable. We do this by helping them to take control of their health...leading them to healthier, longer, more fulfilling lives.

At AIHF Wellness, we are more than a place — we are a life-changing experience. Our exquisite setting allows you to relax and discover a greater balance through fitness, nutrition and a healthy lifestyle. Our seamless approach to wellness honors your time as you visit us and adds hours to your life. Be more effective at work, have more energy to enjoy family and stay proactive in enhancing the quality of your life. You are our greatest priority!

**LOCATION** 8300 Health Park, Suite 317 Raleigh, NC 27615

## **MEDIA INQUIRIES**

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- Our integrated healthcare model, pioneered by Dr. James Stevens, is a stark contrast to the standard system of doctor referrals and endless waiting rooms. Quite to the contrary, we are a highly trained, on-site team of practitioners with our sole focus on getting you, and keeping you, healthy and well for life.
- We also put great value on your time. You will receive a comprehensive health and fitness exam in less than one day with many same-day results.
- At AIHF we don't even have a waiting room. You will be given a luxury suite that has a desk, computer, wireless for your laptop, couches for your comfort and a custom bath all to make you feel at home during your stay with us.

Whether you're just becoming committed to a healthier lifestyle or have been enjoying peak performance in many areas of your life, we can help enhance your life and put you on a path to lasting wellness.

**HonorYourTime.com**