

Bringing Wellbeing to Business and the Community

Ribbon Cutting and open house to be held Tuesday October 4, 4:30pm at Unity Spiritual Center 5502 Ben Davis Road (right off Hwy 78 across from Chamber) Sachse, Texas. **Liz Jones, BA, MAOL, RYT, CPT** is a corporate wellness professional and owns **Liz Jones Wellness, LLC**, a corporate wellness program available to businesses in the Wylie, Sachse, Rockwall, Murphy and surround areas. Jones is a Certified Master Workplace Wellness Ambassador, personal trainer, certified yoga teacher, wellness and nutrition coach. She completed her undergraduate and master's degree at the College of St. Catherine in St. Paul, Minnesota. **Aaron Jones, LMT** is a massage therapist and owner of **Aaron Jones Massage**. Aaron is a life-long resident of Wylie, Texas and was a well-known football player for Wylie High School class of 1989. He is opening a private practice in Sachse.



They live in Wylie with sixteen-year-old, Britney, three dogs, a mini pig and various farm animals. Liz's son Jordan is twenty-six-year-old and currently lives in Wisconsin. Together they bring their passion and expertise for wellness and helping others to the work that they do.

Liz Jones has over 25 years of business experience and 20 years of experience in the fitness and wellness industry. She is a registered yoga teacher, a professional trainer and wellness coach along with an MBA in Organizational Leadership and Strategic Management. Jones has created employee wellness programs for various organizations. She has numerous articles appear in fitness and wellness magazines, newspapers, and websites.

Aaron Jones has 22+ years of experience as a massage therapist. He has worked with clients from celebrities to senior living facilities, YMCAs, government buildings, spas, chiropractic offices and rehab centers. He works with private clients in their homes and is a caring and skilled practitioner.

Liz Jones was named one of the Top 100 Wellness Professionals in the nation by WELCOA- Wellness Council of America in 2014 and has worked with organizations such as the City of Mesquite and the JER Chilton YMCA. She has a background in non-profit management and has worked with domestic abuse shelters and helped to bring community wellness programming, housing and health resources to her community. She is currently in the process of establishing a non-profit that would provide services to those in need including disabled and elderly community members that cannot otherwise afford wellness services that they need.

She is serving on the advisory board of the Lillian Smith Family Violence Foundation whose mission is to protect children, women and men from the millions of child, dating, domestic and sexual abusers in the U.S through a variety of services and programs and will be partnering with them to bring an anti-violence platform to local businesses as part of a holistic workplace wellness package.

Jones is also developing programming through Liz Jones Wellness LLC, that she will be offering at Unity Spiritual Center in Sachse, offering yoga classes and other workshops available to community members to encourage personal growth, wellbeing and community peace.

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