



First 1000 Days of Wellness® Now Offering Spa & Wellness Training Globally

Program expands opportunities for spas to provide a broader level of wellness services and wellness programming.

For immediate release.

(February 3rd 2020, Brescia and New York)—the First 1000 Days of Wellness® (F1000 Days) is partnering with Wellness Education Hub, a specialized training organization that trains and equips spa and resort professionals with “elevated educational” offerings for their guests.

The program focuses on early prevention of NCDs (chronic disease), through wellness practices; educating and empowering individuals and the general improvement of quality of life, thereby optimizing the conditions for mental and physical wellbeing for the future offspring, early childhood development and transgenerational genetic inheritance.

The F1000 Days Spa and Resort Training Program will prepare massage therapists and estheticians to serve a very significant segment of the population - couples who are trying to get pregnant (preconception), during pregnancy or postpartum and then the first 2 years of life with baby.

“The Science we have today on earliest human development allows and supports us to create a unique program for women and men - and eventually their babies - where we integrate all of the positive wellness actions - before conception, during pregnancy and during the critical first two years of life- that we know may prevent chronic diseases and build an optimal way to live and thrive -” commented Sergio Pecorelli, MD PhD, Creator, Co-Founder, and Chief Scientific Officer of the First 1000 Days of Wellness program.

The mission of the program is to support women AND men during their reproductive years, before, during and after pregnancy into early childhood, to improve the health of the next TWO generations and PREVENT non-communicable diseases globally!

Through hands-on training, online study and live lectures, the 24-hour F1000 Days training curriculum provides massage therapists and estheticians with the knowledge and techniques to safely, confidently and compassionately offer specialized massage and esthetic treatments to men and women. Students will learn the F1000 Days “4 Pillars of Wellness” together with expert knowledge of epigenetics and the human microbiome just to name a few specialized areas.

Weighing in on current practices in the Wellness space, Co-Founder and leading holistic physical therapist, Patricia Ladis, PT, CBBA had this to say: “I have been treating both men and women in my practice in New York City for many years and working with the perinatal population. The First 1000 Days of Wellness® Program uses robust science and fills an important knowledge gap about what people, who are of childbearing years, need to know and do, to amplify their health and wellbeing before and after they get pregnant. We now know that this is key to understanding how to best navigate this time since there’s nothing else like our program out there.”

The program’s extensive content includes some of this year’s Global Wellness Summit Trends (from the 2020 Report), including the Circadian Behaviors, Music, and Fertility.

Joanne Berry, Founder of Wellness Education Hub says “we are extremely honored to have partnered with the F1000 Days of Wellness Team to offer this very elevated educational program for the spa and wellness industry. We hope to share this knowledge with many spas and wellness facilities so that they are able to then educate their guests on creating healthy generations for years to come.”

“We are in the process of developing custom curriculum and modules that are specifically designed for spa and wellness professionals leading to new wellness programs that can be offered in spa and wellness facilities globally. Since we know that more than 50% of pregnancies, overall are not planned, the best approach is to always try and maintain a wellness lifestyle and the First 1000 Days provides just that” added Alina Hernandez, Co-Founder and Director, Development & Communications.

One of the key areas of training will be the specialized F1000 Days Consultation for guests, as well as “take-home kits” that will facilitate a continuity of repeat visits for the spa.

Spas practitioners who are trained by the F1000 Days Program are identified by the First 1000 Days of Wellness logo. All students will receive a certificate and pin so that they are easily identified as a F1000 Day Spa and Resort Program Provider.

F1000 Days of Wellness and Wellness Education Hub will launch the spa and wellness training program mid March, 2020.

About First 1000 Days of Wellness Program:

The First 1000 Days of Wellness is a Wellness program created by leading European public health figure Dr. Sergio Pecorelli, MD, Ph.D, who co-founded the program with Alina Hernandez and Patricia Ladis, PT, CBBA, who are both members of the Global Wellness Summit community and contributors to the Global Wellness Institute. The program is designed to prepare mothers and fathers to have healthy babies utilizing precise wellness prescriptions, from the First 1000 Days of Wellness®, during the perinatal years. The First 1000 Days was named in the **2018 Global Wellness Summit Trends**, in its own right, and the program was founded and launched that same year.

A WELL population. By knowledge and design. For a regenerative future.

The First 1000 Days of Wellness® Program, ***Healthy Parents, Healthy Babies, Healthy Generations***

Visit: www.first1000daysofwellness.com

About Wellness Education Hub:

Joanne Berry, LMT, LE founded the Wellness Education Hub in 2018 to fulfill the demand for high-energy, high-quality spa and wellness training across the U.S. and Globally. The Wellness Education Hub partners with niche educational offerings, skincare, bodycare and equipment companies globally to build their training programs and bring them to market. Dedicated and incredibly passionate about contributing to the industry that she loves, Berry has worked hard to learn all facets of the spa and wellness space, so that she can deliver education with a well-balanced and knowledgeable approach. Berry has recently been awarded the “Women in Wellness Educator & Trainer of the Year 2018” in the USA and is also the Vice Chair for the Women in Leadership Initiative through the Global Wellness Institute.

Visit: www.wellnesseducationhub.com

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