



Your Health is Your Wealth - Start Investing Now!

Solutions for Work and Life Health

Sample of Available Topics

- Diabetes: 10 prevention strategies
- Eating for Energy: How to Increase your Metabolism
- Managing Shift Work: how to stay fit and healthy
- 7 Solutions for Living a Healthier and Happier Life™
- Solutions for Women's Health: Why Gender Matters™
- 8 Solutions for lasting lifestyle change
- Solutions for Men's Health: Why Gender Matters™

Looking for ways to improve your health? How about your workplace health? Do you need a keynote speaker for your next event?

Solutions for work and life health offer thought-provoking and actionable workshops delivered by a team of Health Experts with many years experience in how to achieve wellness.

Solutions for work and life health Workshops are designed to make your next conference, meeting or worksite wellness endeavors more energizing!

The Workshops and Lunch and Learns are:

- Customized and tailored specifically for your workplace or group.
- Provide participants with actions they can take-away and put to use in their current work and home environments.
- Address the most significant health challenges facing companies today.
- Deliver what the Solutions are to achieving wellness and increase productivity.
- Increase employees' awareness of the link between health, happiness and productivity.

If you are thinking about how to get your staff, colleagues and family practicing more wellness principles and at the same time increase productivity, then **Solutions for work and life health are an invaluable resource for you.**

For more information on **Solutions for work and life health Workshops** please contact **Phyllis Reid-Jarvis @ 204-229-2634.**

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