

Healthy Living Made Easy!™

A Total Health & Wellness Education Series

Give your organization the gift of health and wellness awareness and training in four leisurely sessions lead by experienced professionals.

Session 1: Getting Ready

Take Control of Your Health

Participants are provided with a motivating healthy living overview emphasizing controllable areas of health and fitness and important health indicators.

Session 2 : Nutrition Counseling

Eat Well for Good Health

The latest in nutrition science and longevity is presented as well as information on how to make and prepare healthy food choices everyday.

Session 3: Physical Fitness Counseling

Move Your Body and Live Well

Working with a certified personal fitness trainer, participants will learn the main elements of fitness, benefits of daily physical activity and how to select enjoyable lifetime activities.

Session 4: Lifestyle Counseling

Skills & Techniques for Staying Motivated

Getting started on a health improvement plan is easy. Staying on the path is the real challenge. Participants will learn more than a dozen personalized lifestyle skills for balanced living to enhance success and lasting motivation including managing stress and controlling environmental obstacles.

Presented by

Aging Fabulously™, LLC
www.agingfabulously.com

*For scheduling or additional information, contact Sherry McGee at
313.268.7156 or sherry@agingfabulously.com*

All sessions are designed for motivation and are not to be considered medical advice. Participants are encouraged to consult with a medical advisor before making any diet, fitness or lifestyle changes.

Series Pricing: \$250 per two hour session for up to 50 participants. Price includes session handouts.
Optional Sessions: 2 hour 30 Day Follow Up and 2 hour 90 Day Follow Up Sessions at \$250 per session.
Optional Resources: ***30 Days to Aging Fabulously!™: A Resource Guide and Workbook for Balanced, Healthy Living*** (\$19.95 each soft cover or \$10.95 each e book)
The Secrets to Aging Fabulously!™ e book (\$1.99 each)
Customized Motivational Merchandise