

# Keep Your Health For Life™

*“If you fail to keep your body healthy and alive, then where else do you expect to live and survive.”*

– *Brian Lee CSP*



## **MISSION:**

Create Personal Wellness for a Lifetime

## **YOU WILL LEARN HOW TO:**

- ▶ Discover the powerful relationship between personal wellness and leadership effectiveness.
- ▶ Overcome procrastination and/or denial, and take proactive control of your health.
- ▶ Set and achieve personal goals for ideal weight and wellness.
- ▶ Choose the perfect cardio activity that you will enjoy and sustain.
- ▶ Create a system of personal accountability that will produce long term results.

## **SEMINAR ATTENDEES SAY IT BEST:**

*“Spectacular, humorous & insightful speaker that challenges & validates his audience at the same time.”*

– *Lenora Thorkelson - Care Manager*

*“Motivating – exceptional. Loved the humour, common sense great refresher. This presentation/content was so relevant to where I am at in levels of health & wellness. Provoked a lot of thought and I feel energized from listening to you.”*

– *Maggie Turner – Care Manager*

*“Absolutely, you will feel empowered when you leave this workshop. Thank you for this uplifting day! I wish all my staff could be here.”*

– *Barb Holloway – Program Manager*

*“Great energy, good flow, prompted thinking, just right amount of information.”*

– *Lori Criag – Care Manger School Health*