



<http://your-wellness-coach.com>
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Health Seminars

Your Wellness Coach is pleased to offer health education seminars to organizations and community groups. Our topics cover a wide range of topics focused on keeping you and your loved ones healthy.

Topics include:

- Healthy Sleep Habits
- Time Management and Your Health
- Healthy Portions, "Happy" Meals
- Essential Elements to Lifelong Weight Management
- Exercise Basics
- Alcohol and Tobacco Awareness
- Stress Less!
- Heart Health: What Are Your Risks?
- Diabetes Awareness
- Top Health Apps: What's Out There?
- Grocery Shopping Basics
- Meal Planning Basics
- Parent Self-Care
- How Your Personality Affects Your Health Choices
- Mindfulness and Health

All seminars are 40-45 minute lectures with time for group discussion afterwards. Lunch can be included for an additional fee.