



Discover Renewable Health Every Month

2020 Wellness Workshops

JANUARY: O2B Sugar Free: *Dissolving sugar cravings*

This interactive class provides guidance and practical tools that will help you dissolve your sugar cravings. You will learn why sugar is so addictive and how you can change your relationship with sugar for life!

FEBRUARY: Heart Health – *Nourishing the Beat of Life*

This workshop gets to the heart of health. Learn how to nourish and protect your heart with information about healthy cholesterol, balancing blood pressure, along with effective breathing techniques that help the heart adapt to stress and change. Vital information to wellness - because when your heart stops... nothing else matters!

MARCH: Weigh Less-Live More: *Overcoming the Weight Gain “Pit of Despair”*

Have you ever wondered why you get stuck and self-sabotage your own weight loss efforts? Join us for inspiration and resources that can change your perspective on weight and dieting for life. Learn what it takes to safely losing inches while still feeling satisfied, successful, and happy. You can start today - break free from the weight gain "pit of despair" and discover the real power behind will power!

APRIL: Eating 4 Energy: *Super foods for Super Energy*

What would your life be like with abundant energy and vitality? In this workshop you will learn 4 factors that decrease our energy, 4 foods we need to build energy, 4 nutrients that are essential every day, and 4 ways to recharge your batteries. Sample some super nutrients that can give you an energy boost without chemicals and artificial stimulants!

MAY: Recipe for Strong Bones: *Growing a Skeleton that Lasts*

How do we keep our bones strong, healthy, and growing for life? This workshop is packed with information for growing a skeleton that lasts. We will discuss current treatment protocols and food and lifestyle habits that are either the enemy OR the friend of our bones. You will receive resources that can help you build strong and healthy bones for life!

JUNE: Brain Power: *Renewing your mind*

A healthy brain is the desire of everyone. In this workshop we will discuss what accelerates brain aging and how to stop it. You will learn about lab work that can provide critical information about the health of your brain and receive tips to help you boost your brain power in effective lifelong ways.

JULY: Inflammation: *Evading the Silent Killer*

We don't always feel inflammation- that is why it's known as the "silent killer". Join us to learn about six causes of inflammation and what inflammatory markers look like. Learn how specific lab work can provide you with the tools you need to be proactive against inflammation in your body. Receive valuable food and lifestyle resources that may significantly reduce inflammation and many disease related illnesses associated with it.

AUGUST: Dynamic Digestion: *Building Better Belly Health*

At least 70% of our immune system is located in our gut. Digestive distress can affect our body in many ways. This workshop will help you identify food and lifestyle habits that cause “dysbiosis” - digestion distress and you will learn important steps for repairing and building better belly health. Optimal health begins in the gut!

SEPTEMBER: Renewable Beauty: *Living Chemical Free Inside Out*

Our body is constantly being bombarded with chemicals. Toxic compounds are abundant in our air, water, food, and fill up our homes. Learn how to clean up and clear out chemical toxins in and around your home and body. You will receive recipes and resources to crowd out toxins and build a vibrant beautiful and chemical free life.

OCTOBER: Aging with Grace: *The Keys to Living Happily Ever After*

This workshop will provide you with the keys to living happily ever after, by slowing the aging process and even reversing in some cases. Learn what quickly ages our body - and what we need to for healthy cells and a powerful immune system. Join us as we learn to age with grace together!

NOVEMBER: Dodging Diabetes: *Building Blocks for Balancing Blood Sugar*

Attend this workshop and discover the building blocks for balancing blood sugar. Learn why we currently have an epidemic of Diabetes in our country and how you can prevent it in our own life. When we dodge diabetes, we increase our energy, protect our heart, and maintain a healthy weight for life.

DECEMBER: Renewable Sleep: *Putting Sleeplessness to Rest*

Now is the time to put sleep-less-ness to rest. Sleep deprivation is a chronic condition that affects millions of people every night. Discover four important reasons our health relies on restorative sleep and take home five action steps that can change your sleep pattern and help you maintain restorative sleep every night.

Seasonal Wellness Workshop:

Healthy for the Holiday: *conquering temptation and stress through the season.*

Learn what puts us at risk for sickness and receive practical steps for staying well this holiday season. Embrace the spirit of the season with LESS temptation and MORE love, joy, and peace!

Instructor: Traci Woodcock / *Nutritional therapist, Holistic Health Coach*

Renewable Health Wellness Workshops fit in a one hour block of time and include:

- Power Point Presentation
- Notes & Take Home Resources
- Q & A

RH Wellness Workshops are interactive, educational, and fun. Each workshop is designed to equip participants with simple and doable steps that can move them closer to their wellness goals. By providing wellness workshops each month, your organization has the potential to build a community of wellness that encourages accountability and healthy support throughout the year.