

What is a Wellness Workshop Lunch & Learn?

By Discover Health and Wellness;
Volunteers for The Elevate Foundation



We offer

many Lectures; however these are
the ones we feel would be most beneficial:

**How to Increase & Maintain
your Energy, Vitality & Youth**

**Stress: Tackle the Stress
Monkey**

**Nutrition / Weight: Lose it,
Gain it, Maintain it**

**Fitting in Fitness: Effective
Exercise for the Busy
Professional**

Are you Toxic?

Ergonomics

Holiday Stress

New Year, New You

and many more...

We are

Volunteers with a Local
Non-Profit Organization called the
Elevate Foundation.

As a form of community out-reach,
we provide Wellness Workshops to local
businesses, organizations, and clubs.

These educational workshops give your staff the
tools they need to live a happier, healthier life,
increase their productivity, and decrease stress -
and they are at absolutely no cost to you.

Our workshops emphasize preventative care
as the key to good health.

Employees who attend always leave
with practical information and action
steps they can use to
improve their health.

We understand

that you are probably torn between
a few great topics; check out our

Wellness Workshop Topic Descriptions
handout for more details on each talk.

We donate events like these as a service to
the community and Wellness Workshops are

FREE of charge.

Being a part of the community by
educating is something we are very
passionate about.

If an employee would like to learn more about
natural health care, we will happily provide
them with an opportunity to schedule a visit at
one of our offices.

If you would like to schedule a date,
contact our local volunteer at:

303.353.4065

or send an email to:

info@dhw-denver.com

It's that easy!

Stress: Tackle the Stress Monkey

Prolonged stress not only weighs on people emotionally, it is also harmful to one's health. With 5 out of 6 people dying from heart disease and cancer, the harmful effects of stress can no longer be over-looked.

This talk will help you understand what stress is, the physical reaction it causes in your body and the potential results if you do not get your stress levels in check.

We will teach you how to take control of your health, reduce and manage stress and put you on a path to being the 1 out of 6 that has a healthy life full of energy vitality and youth!

Nutrition - Weight: Lose it, Gain it, Maintain it

Nutrition is one of the most vital and controllable elements of your wellness plan. What you eat has a huge impact on your health and well-being.

We will teach you how to improve your body's natural ability to lose weight, process and eliminate toxins, fight infections, and reduce inflammation.

The good news is: Eating well doesn't have to be hard. It can be a simple, delicious, realistic part of your daily life.

This workshop will teach you: nutrition basics, how to make those simple choices to improve your health and how to manage your weight!

All of

these talks are based on maintaining your energy, vitality and youth! I

It is no secret that our country is struggling when it comes to health.

It is our mission to change the way our world views healthcare and give you the tools you need to live a longer, healthier life.

Each topic is delivered with excitement, expertise and passion.

We can't wait to educate your group!

Fitting in Fitness: Effective Exercise for the Busy Professional

Having a great career, a happy home life and a fulfilling personal life can be tough enough to balance without the added pressure of staying healthy! But without our health, what do we really have?

Fitness is a very important component to living a life full of energy, vitality and youth, but how do we make the time?

Fitting in Fitness is a great talk that will give you solutions to your tight schedule and desired fitness results. You will learn about interval training, general fitness and burst training! Let us help you remove the barriers that are getting in your way of achieving your health and fitness goals!

Are you Toxic?

We are bombarded by thousands of toxins every day. They exist in everything from the air we breathe to the foods we consume. On average we are exposed to over 82,000 toxins every week, with a number that high, do you think you're toxic? Did you know that toxins have been linked to cancer, birth defects and autoimmune diseases such as diabetes, lupus, and multiple sclerosis? This talk will inform you on where these toxins are coming from, how to avoid what you can and what to do to rid your body of the toxins you have already consumed.



ELEVATE FOUNDATION

is a volunteer, not-for-profit association dedicated to the education of health and wellness across the United States.

The Elevate Foundation is incorporated as an official professional association with the State of Colorado (20041366955). It has a **501(c)3 non-profit status**.

It has been educating the community since 2005.

Our services

are made available to any business, club, or organization which shows a desire to become more educated on the subject of health and wellness.

Our members donate their time, talents, and services to conduct informational workshops, seminars, programs, and health screenings **FREE OF CHARGE** in an on-going effort to bring health and wellness awareness to the public.

All seminars, workshops, and programs emphasize preventative care as the key to good health. Those who attend always leave with practical information they can put to use to improve their health.



Members are

natural healthcare professionals who devote their time to educating the community on regaining their health and maintaining it through natural methods.

The members of the **Elevate Foundation** believe that by making even the smallest changes in lifestyle, individuals can live healthier, happier lives and be much more productive in the home and workplace.

Studies have shown that individuals who are educated on health and wellness:

Live longer lives Experience reduced healthcare costs
Have fewer work compensation claims
Are less absent from work Have higher productivity rates

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