

# Creating the Healthy Life

Are you dissatisfied with your current level of health?

Do you feel overwhelmed at the prospect of change?

Does your life feel out of balance?

The truth is many people struggle with balance. In our fast-paced society, we are constantly bombarded with the "latest research" on what is healthy and what is not and on what you should and shouldn't be doing with your life. It can be very frustrating to try to make sense of the contradictory advice and fragmented pieces of information that you hear every day.

~ This ongoing Workshop Series will focus on such areas as ~

- What are the Physical, Mental, and Emotional components of a healthy lifestyle?
- Meaningful and practical techniques, tools, and strategies that you can start implementing today
- Real education and the knowledge to make your own decisions about your health
- How to integrate healthy change into an already busy life

## Creating the Healthy Life Workshops

**When-** Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday

Starting August 8, 2006- 7:00pm to 8:30pm

**Where-** Glenridge 400 Office Complex

5825 Glenridge Drive

Building 3, Suite 101, Conference Room

Atlanta, GA 30328

**Cost-** \$30 per workshop

(RSVP required as space is limited to 10/workshop)

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