



LUNCH AND LEARN SERIES

Learn how to improve the quality of your life over a free lunch!

The three most important components of any health-care program are Education, Support and Accountability. The quality of your health is completely dependent on the choices you make or do not make every day in regard to health and wellness. With this in mind, we at **8 Weeks to Wellness™** now offer a free educational lecture series that will greatly benefit you and your family. Our goal is to teach parents the basics on eating, exercising, and stress management so that we can move our community from sickness care to true healthcare.

WELLNESS ORIENTATION

Sickness Care vs. Wellness Care: You Choose.

Our current state of healthcare in the United States places a strong focus on providing care for the sick rather than proactively taking care and being well. The mission at **8 Weeks to Wellness** is to empower individuals to take responsibility for their own well-being and positively impact their God-given true health potential. Learn about the components of the triune of health: eating well, moving well and thinking well, and how to make the change to wellness through knowledge, skill and attitude-cultivated healthy habits.

EATING WELL

How to eat right for a lifetime.

It's estimated that over 80% of all disease stems from poor nutrition. The fact that we have become an "obese" nation is all around us. These informative lectures will discuss how to eat healthy for a lifetime. Participants will learn what carbohydrates, proteins, and fats are and how to properly combine them for optimal digestion and health. We'll teach you how to read food labels and will present many examples of delicious, healthy food choices for meals and snacks. Enjoy a complimentary lunch that exemplifies the healthy meal choices being discussed! Nutritional knowledge is essential and an invaluable key to living a healthy life.

MOVING WELL

Understanding the importance of movement, exercise, and good posture.

Today we know from research that movement is *not an option*. It is as essential to good health as food, water, and oxygen. It is a *must* and crucial to living a long healthy life. We're all aware that we should exercise and have good posture. But then, why don't we? The answer is that exercise takes time from our already hectic schedules and can be uncomfortable and painful. This lecture offers insight and guidelines for making exercise, as well as spinal health, a lifelong commitment. We often remind our patients that the best time to improve one's posture and begin exercising is sometime between *yesterday and tomorrow!*

THINKING WELL

Understanding your thoughts, emotions, and how they control your life.

These presentations describe just how our thoughts ultimately control our lives. Techniques, such as meditation, and other strategies to deal with stress and the difficult times that invariably find their way into our lives, will be taught. This valuable lecture shows why there is a great difference between just "feeling good" vs. "having a good life."

Ready to eat, think, move and live well?

Contact us to schedule the complimentary lunch and learn workshops!

Give us 8 weeks and we'll change the rest of your life.®

For more Health and Wellness Info: Go to www.8ww.com or <http://ffchiro.com/>
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