



Mind . Body . Soul

Balance Principles That Work

Health and well being begins with balance. This panel discussion highlights what you must do to attain work/life balance and live the life you were created to live.

- Excessive and prolonged stress can cause permanent damage
- Stress translates into decreased efficiency at work
- Uncertainty about economic conditions, national security and natural and man-made disasters have increased stress levels
- Many people are traumatized, stressed out, overwhelmed and over worked and don't know what to do about it

Learn how to manage your stress with straight forward techniques that anyone can incorporate into their daily routine.

- Health problems adversely affects productivity at work
- We live in a fast paced society that makes it difficult to manage priorities
- We neglect ourselves while we try to manage our work and home responsibilities
- Illnesses and diseases have reached epidemic proportions
- Sedentary lifestyles and poor eating habits increase susceptibility to disease
- Fad-diets and unrealistic exercise programs don't work

Learn simple strategies that will help you embrace a healthy life style.

- We're all connected to something greater than ourselves
- Understanding where we fit in gives us confidence and security among our peers
- Confidence and clarity creates focus and balance at work
- Spiritual fulfillment and self actualization comes as we journey towards our goals
- Having a vision, visualizing achievement of goals, and taking action creates a sense of peace, power and prosperity

Learn how to use the power within you to manifest your dreams, live your life on purpose and be the person you were created to be.

Customize this program to meet your organization's unique needs:
Lifestyle Balance, Inc.

14300 Gallant Fox Lane, #205 Bowie, MD 20715 866-302-6501
www.LSBalance.com

Mind

Stress is a normal part of life. However, excessive and prolonged stress can cause permanent damage. Dr. Roxanne Dryden-Edwards shares her simple techniques for stress management.

Dr. Roxanne Dryden-Edwards is an adult, child and adolescent psychiatrist. She received her undergraduate and medical degrees from Howard University. She is the author of *Infertility from Both Sides of the Stethoscope: A Guide from a Doctor Who's Been There*, which helps readers understand and navigate the emotional aspects of infertility. Dr. Dryden-Edwards educates the professional community and the general public about a variety of mental health issues at national conferences, on radio and on television.

Body

We live in a fast paced society where little attention is focused on nutrition and exercise. As a result, there has been an epidemic of cancer, diabetes, heart disease, hypertension and obesity. Dr. Vanessa Allen details her straight-forward prescription for wellness.

Dr. Vanessa Allen manages a successful private practice in Bowie, MD. She received her medical degree from Howard University and completed course work with the University of Arizona in integrative medicine. In addition she completed her studies in acupuncture at UCLA, Helms Institute. Dr. Allen has developed unique and individualized programs for weight loss. Her goal is to promote wellness and disease prevention that enables patients to increase control over and improve their health care.

Soul

To live our lives to the fullest, we must journey towards our purpose. We must not only have a vision for the future but actually visualize ourselves reaching our goals. Certified Coach Andrea Richards Scott discusses how you can manifest your dreams by living passionately on purpose.

Andrea Richards Scott, MBA, CPC owns and manages ARS Professional Development, a personal, professional and spiritual development company with locations in Maryland and North Carolina. She is an author, certified professional coach and speaker who is focused on helping individuals and organization achieve their fullest potential. She earned her Masters of Business Administration from the University of Georgia, her Professional Coach Certification from the International Coaching Academy and was licensed to preach at the Joshua Group Ministries in Silver Spring, MD. She co-authored *Keys to the Kingdom: A Manual for Success in Today's World* and is the founder of SURE Christian Business Women's Network which provides an environment of accountability, encouragement and nurturing. She has made numerous appearances on radio and television including CNN Headline News, Shelby NC and Voice of America: Beyond the Headline, Washington, DC which aired in 120 countries and 54 languages.

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