



In the Company of Women

Women's Empowerment Lunch and Learn Series

A series of Lunch and Learn workshops designed to expand the conversation on good nutrition and healthy living. Participants are introduced to new tools and strategies to help them gain greater work/life balance. Workshops are interactive and cover topics such as healthy eating, stress management, resilience, and finding meaning and purpose in life. The series runs monthly for a total of 4-5 months. Sessions are approximately 60-90 minutes long.

- WELLNESS 2.0: Redefining Wellness
- REBUILDING YOUR RELATIONSHIP WITH FOOD
- RESILIENT YOU
- AUTHENTICALLY YOU
- **BONUS SESSION:** Money Matters

Participants will:

- ✓ Have a biometric profile to help them benchmark and measure their progress towards a healthier body
- ✓ Master the art of reading and interpreting food labels, one of the most powerful skills one can have to successfully live a healthy lifestyle
- ✓ Discover the connection between their food choices and their emotions
- ✓ Learn tools and techniques for managing stress and becoming more resilient
- ✓ Learn practical tips for better sleep
- ✓ Discover their energy body and tips for managing their energy circuits
- ✓ Uncover their legacy gifts, the key to discovering and following one life's purpose

What are people saying...

"I learned SO much...how sugar affects the body...what ingredients in food REALLY mean...how much water my body needs...the importance of protein and fiber in a diet. I read the labels on foods constantly now! I am selecting more PURE, non-processed foods now." A. Turner

"Thank you Roslyn for the amazing Wellness presentations at our retreats! I always feel motivated to conquer the world, but take care of my "self" too!" We truly appreciate your ability to inspire and share!" L. Aguilera

"One of the biggest take aways for me was going back to my roots and understanding the gifts that we were born with and had at an early age. Focusing on passion and doing what you love! Balance, balance, balance -- it doesn't look the same for everyone! Know where your energy comes from and ensure to take time to recharge. Also -- the power of story! You are a great storyteller and engage everyone in the audience. I could listen to you forever!" K. Guzman

About the Facilitator



Roslyn Francois is Founder and CEO of Eat * Love * Live Well, a consulting firm offering wellness programs for businesses, schools, churches and community-based organizations. She is a certified Wellness Coach and has been involved in the health promotion industry for over 7 years. In 2014, Roslyn was named one of the country's Top 100 Health Promotion Professionals by the Wellness Council of America (WELCOA).



TO BRING THIS PROGRAM TO YOUR ORGANIZATION CONTACT:
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Workplace Wellness * Personal Wellness Coaching

Businesses are Winning at Wellness



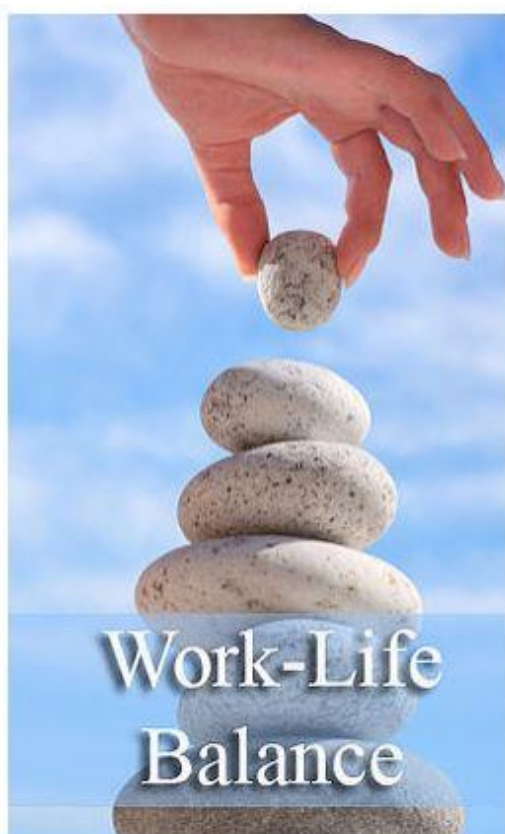
Studies show that most of us spend more time at work than we do at home. What better way to support people living healthier lives than to bring the message of good nutrition, better health and greater well-being to the workplace? In fact, wherever people gather is an opportunity to deliver the message of healthy living.

❖ Advantages of doing Wellness at Work

- ❖ Strong social support for employees
- ❖ Participation is always high
- ❖ Wellness builds strong morale

❖ Return on Investment (ROI) Outside of Healthcare Costs

- ❖ Lower absenteeism
- ❖ Lower workers compensation costs
- ❖ Lower short-term and long-term disability claims
- ❖ Improved production through improved morale
- ❖ Reduced turnover



❖ Creating Solutions to Problems. What are your Employees' Problems?

- ❖ Poor health
- ❖ Weight gain
- ❖ High health risks
- ❖ Maybe they don't have a health problem but would like to lead a healthier lifestyle
- ❖ High health care costs
- ❖ Reduced productivity