



**WAKE UP TO
WELLNESS
THAT WORKS!**

Find out how you can bring this exciting workshop filled with common sense solutions for healthy living to your company.

**Call 800.403.9594 or
e-mail us at
info@HWSInternational.com**

Your Wake Up Call Has Arrived!

Habits That Make...or Break wellness workshop

Come join us and Wake Up to Wellness that Works! This fun, engaging and life-changing workshop will help you to:

- Evaluate the impact of your daily health habits
- Implement a WHY DO LIST with specific action steps for change
- Implement small changes that can make a big difference in your life.
- Apply the 80/20 Rule and Above the Line Living strategies
- Sift through the myths and misinformation that surround healthy living
- Take home information and awareness tools for change to engage your whole family



This is a fun and engaging workshop.
Come prepared to learn, laugh and win a few prizes!

Fun ♦ Engaging ♦ Life Changing