

## Wellness Day Information Sheet

Please note the information you provide today is confidential and will only be collected by the Foundation for Wellness Professionals for the purpose of booking your Wellness Day Program. Your personal information will not be used for any other purpose or used by any other parties.

|   |  |
|---|--|
| Full name:  |  |
| Daytime phone:  | Evening phone:   |
| Email:  | Fax:   |
| Type of organization to hold the Wellness Day:                  |  |
| <input type="checkbox"/> Company                                | <input type="checkbox"/> Federal government  |
| <input type="checkbox"/> School                                 | <input type="checkbox"/> Team  |
| <input type="checkbox"/> Church                                 | <input type="checkbox"/> Community group   |
| <input type="checkbox"/> Non-profit organization                | <input type="checkbox"/> Other: _____  |
| Organizational contact person and their title/position:         | <input type="checkbox"/> Yes, this person has the full authority to approve the event, date and time for the organization? |
| Organization, department, branch, school, church or group name: |  |
| Address:  |  |
| City:   |  |
| Approximate # of people in your group:                          |  |
| Approximate # of people who may attend (min and max estimate):  |  |

Choose your preferred wellness day services and at least three workshops topics on the following pages, and fill out the time, day and month page.

# Health & Wellness Day Services

The Foundation for Wellness Professionals is a non-profit, international outreach organization of healthcare professionals concerned with the health and longevity of people in their community. Our Texas Chapter provides workshops at organizations, companies, schools and groups on many health and wellness topics.

**For more information about having us at your organization, contact us at (512) 341-9904 or check out our website at: [www.renewedhealthac.com](http://www.renewedhealthac.com).**

---

Our wellness days are provided to corporations, companies, churches, charities, schools and other local organizations. The wellness days can be as small as 10 and as large as 2000 participants. While these wellness days are presented as a service to people in our community, we are limited in the number of wellness days we can provide each year.

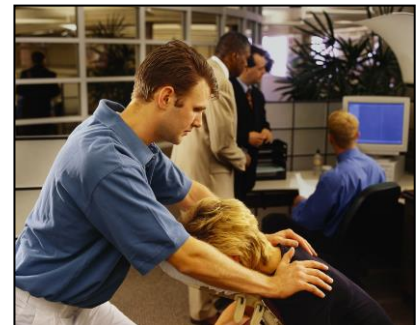
The following is a list of health services we can provide. The number of practitioners who will attend will depend upon their availability and the size of the health fair. The purpose the practitioners and the health clinics have in participating in these wellness days is to inform the participants on the latest advanced in their professions and to meet more people in their community. It is difficult to have the commitment of a large number of practitioners and clinics if the number of attendees is small. Wellness days are usually scheduled for one to four hours.

The following is a list of services we can provide to groups of more than 10 people:

- Wellness lectures
- Trigger point massage therapy sessions
- Healthy, nutritional snacks
- Guest passes to local health clubs (some women only)
- Toxicity testing
- Blood pressure Stress testing

The following is a list of additional services we can provide for larger groups:

- Acupressure demonstrations/treatments
- Acupuncture literature and advice
- Pulse and Tongue Diagnosis
- Nerve, joint and muscle testing
- Foot reflexology intro/treatments
- Blood pressure testing
- Blood pressure Stress testing
- Saliva pH and hormone testing
- Toxicity testing



Depending on the size of the group and the size of the facility, we can sometimes provide both a health lecture and a health fair at the same event.

# HEALTH & WELLNESS WORKSHOP SERIES

The Foundation for Wellness Professionals is a non-profit, international outreach organization of healthcare professionals concerned with the health and longevity of people in their community. Our Texas Chapter provides workshops at organizations, companies, schools and groups on many health and wellness topics.

For more information about having us at your organization, contact us at (512) 341-9904 or check out our website at: [www.renewedhealthac.com](http://www.renewedhealthac.com).

Our health and wellness workshops are 30-45 minutes in length with dynamic and engaging speakers who are passionate about educating people on health issues in their community. Most cover the latest news and breakthroughs in specific health fields. The first workshop held at an organization can be provided at no cost.

Some workshops are very interactive and can be customized for large groups with specific needs. Contact us to find out how to have a speaker at your organization.

*Please check the boxes of any topics that interest you or your organization. Choose at least **THREE** workshops.*

## Most Popular Workshop Topics:

- Stress:** The Solution to Stress Related Health Problems
- How to Increase Your **Energy**, Vitality & Youth
- Three Secrets for a **Healthy Life**
- Trigger Point Massage Therapy:** A Home Stress Reduction System
- Natural solutions to **Allergies**
- Pain at Work:** How to Prevent Musculoskeletal Disorders in the Workplace
- Weight Loss:** Five Secrets to Permanent Weight Loss
- Quit Smoking** with Acupuncture
- Digestive Problems:** New Solutions to Digestive Disorders
- Carpal Tunnel Syndrome:** The Causes and Cures
- Staying Fit While You Sit:** Ergonomics for a Healthier You
- Low Back Pain:** Natural Approaches to the Prevention and Treatment of Low Back Pain
- Balancing Hormones Naturally:** Healthy Solutions to PMS and Menopause
- ADD and ADHD:** A Drug-free Approach to ADHD and Learning and Behavioural Problems
- Motor Vehicle Accidents:** The Bio-Mechanics Behind Hidden Chronic Injuries
- Fibromyalgia:** New Solutions and Treatments for Fibromyalgia, Chronic Pain and Fatigue Disorders
- Peak Performance:** Achieving your peak athletic performance
- Kids and Drugs:** How to Know Your Kids are On Drugs
- Alternative Solutions for **Depression**
- Cleansing** for Weight Loss
- Diabetic Foot Care** and Exercise
- Learn How to **Meditate** and Relax
- Safe, Effective, and **Natural Facelifts**
- Energy** Awareness for Health and Wholeness
- Successful **Balanced Living**
- Stretching** Your Way to Good Health
- Natural Solutions to **Headache Pain**
- Natural Solutions to **Breathing Problems**
- Introduction to **Detoxification & Cleansing**
- Arthritis:** Alternative Approaches to Preventing and Relieving Joint Disease
- Natural Solutions to **Infertility**

## TIME, DAY AND MONTH SELECTION

Please help us to find the best time for your event. Please give as many days and times as possible, and we will try to accommodate you.

Some clinics may also give reduced fee services or gift certificates which can be used at their clinics. However, all services onsite will be no-fee with no obligations.

Choose at least two months:

|                                   |                                |                                    |                                   |
|-----------------------------------|--------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> January  | <input type="checkbox"/> April | <input type="checkbox"/> July      | <input type="checkbox"/> October  |
| <input type="checkbox"/> February | <input type="checkbox"/> May   | <input type="checkbox"/> August    | <input type="checkbox"/> November |
| <input type="checkbox"/> March    | <input type="checkbox"/> June  | <input type="checkbox"/> September | <input type="checkbox"/> December |

Choose at least two days:

|                                   |                                  |                                    |
|-----------------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> Monday   | <input type="checkbox"/> Tuesday | <input type="checkbox"/> Wednesday |
| <input type="checkbox"/> Thursday | <input type="checkbox"/> Friday  | <input type="checkbox"/> Saturday  |

Choose at least two timeframes:

|  |   |   |
|--|---|---|
| <input type="checkbox"/> 7:00 – 9:00 AM  | <input type="checkbox"/> 1:00 – 3:00 PM | <input type="checkbox"/> 7:00 – 9:00 PM |
| <input type="checkbox"/> 9:00 – 11:00 AM | <input type="checkbox"/> 3:00 – 5:00 PM | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> 11:00 – 1:00 PM | <input type="checkbox"/> 5:00 – 7:00 PM |   |

Preferred Date & Time:

|  |
|--|
|  |
|--|