



# Heart-Centered Programs

*Empower - Energize - Enhance*

## Healthier Living

Putting **Heart** back into your life

### Overview/Description

How many of you are living life to the fullest?  
How many of you want to learn how to make better lifestyle choices to have more energy and vitality in their lives? During this workshop we'll cover all aspects of healthier living from mind and body to food, activity, and mental exercises!

### Ideal Audience

Anyone that wants to learn how to make healthier choices, both at home and work, and live a healthier and happier life.

### Expected Duration

1 hour, 2 hour, or Half-Day Session

### Workshop Objectives

At the conclusion of this workshop, you will be able to:

- Understand Food Labels better
- Make informed choices around food
- Incorporate more physical activity into day
- Implement Simple strategies to manage stress
- Utilize Mental exercises for positive Mental health
- Create a plan to support a healthier lifestyle



*"The first wealth is health."*

*- Ralph Waldo Emerson*

*"It's up to you to start making healthy choices; not choices that are just healthy for your body, but also for your mind."*

*- Steve Maraboli*



**Ellen Contente, M.A., RScP**

**Certified Trainer, Licensed Practitioner  
Work/Life Balance Coach**

<http://www.heartcenteredprograms.com>

818-983-1853

[ellen@HeartCenteredPrograms.com](mailto:ellen@HeartCenteredPrograms.com)