



BALANCED LIVING Seminars Presentation Guide

Three Presenter Options: These practical, theme-based seminars may be presented with the long or short versions of the **Balanced Living** PowerPoints, or the video version of each topic (download at **LifestyleMatters.com**).

EACH seminar folder contains the **Session Guides** you will use with each presentation. Choose the PowerPoint or video by the same name to accompany each **Session Guide**.

Seminar 1: Engineered for Success

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Session 2: Depression: Lifestyle Keys for Beating the Blues

Session 3: These Doctors Make House Calls

Session 4: Change Your Mindset—Change Your Life

Session 5: Exercise—It Goes to Your Head

Session 6: Creating Connections—Why Relationships Matter

Session 7: Who Can I Trust?

Seminar 2: Living Free

Session 1: Free on the Inside: Changing Bad Habits for Good!

Session 2: Digestion—A Churning Question (brain-gut)

Session 3: Mind/Body Health Connections

Session 4: Alcohol—Why Not? or Up in Smoke (**choose one or add a session**)

Session 5: The Buzz on Beverages

Session 6: Immune Health—Your Firm Foundation

Session 7: Entertainment Trap

Seminar 3: Better Health

Session 1: Hurried, Worried, and Buried

Session 2: Health—in a Hurry!

Session 3: Healthy Weight Helps

Session 4: Quenching the Fires of Heart Disease

Session 5: Lifestyle Links Diabetes: Hope for the Diabetic

Session 6: Super Foods that Fight Cancer

Session 7: Finding Peace in Your Crazy-busy World