



## Put Your Wellness Program On Steroids, Without The Rx

Most wellness programs focus on treating symptoms. When you go deeper, to the root cause of the symptoms, the benefits are magnified.

Smoking, weight, drugs, alcohol, high-risk behaviors, and many other things that negatively impact wellness are most often symptoms of other issues. Society focuses on the outward signs of inward struggles, ignoring the root cause. Science has shown this repeatedly, but it remains largely ignored. The politically correct ineffective responses are foisted on people who continue to struggle.

The findings show, generally, that smokers are more anxious than others. Cure the anxiety and permanent smoking cessation becomes easier to accomplish. Drug and alcohol abuse are short-term attempts to feel better by individuals lacking the skills and knowledge necessary to feel better in more constructive ways. Give them the right skills and knowledge and the drug and alcohol becomes unnecessary. We do not need to numb emotions that feel good. That weight is often a result of underlying emotional dissatisfactions is so well-known that restaurants and cook books refer to 'comfort foods'. Heal the underlying emotional pain and the weight seems to magically cure itself.

The proven benefits of positivity and optimism from a 50% reduction in risk of heart disease to improved immune function, preventative affect toward cancers, Diabetes Type II, and Alzheimer's and more are just the tip of the iceberg when positivity training is given to employees. The workplace becomes more harmonious, cognitive abilities increase and so much more.

---

### *At Amplify the Benefits of Your Wellness Program, employees:*

- Develop skills and gain knowledge that can permanently improve their emotional stances
- Gain insights that help them improve all the relationships in their lives
- Increase their resilience, confidence, self-esteem, EQ, cognitive abilities, creativity, and more
- Are taught to nurture continual improvements
- Immune system functions improve in tandem with increased positivity
- Increase their self-mastery and intrinsic motivation

## Program Dates & Locations

**Register now** to reserve your space or contact us to schedule classes on your site. See our list of courses for details.

A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.





Happiness 1<sup>st</sup> Institute



For More Information, Call **1.704.251.5150**

