



Jeanine Finelli – Certified Health Counselor will inspire you to want to *Love Yourself to Health!* Through her programs, clients will reclaim their health without any feelings of guilt or sacrifice. Her fresh, energetic approach to wellness motivates employees to realize that true health and healing begins when people believe they are worth the effort and dedication. Jeanine’s delivery of information is not your typical “eat this not that” approach. She is fun, thorough, and encourages questions and group participation for small to medium sized groups.

How will my employees benefit from Jeanine’s workshop?

Some Topics included in Jeanine’s seminars:

Benefits of investing in Jeanine and your company’s wellness ...for life

They will:

- Become inspired to create positive lifestyle changes
 - Desire to be a part of a health care system, not a “sick care” system
 - Have more smiles and energy in the workplace and more respect for coworkers
 - Be given the tools to know how to eat healthy in the office, on the road, and at home
 - Understand what foods work for them as we are all individuals with different goals and nutrition needs
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- Food choices for energy and vitality
 - Ingredients that zap you of your health but make food companies rich
 - It takes a village to raise all of us – creating your support network
 - Everything is food! What is on your plate can be a reflection of what is going on in your life
 - Deconstruct your cravings, and the food/mood connection
 - Meal planning strategies
 - Healthy shopping techniques
 - SO MUCH MORE!
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- Save money by reducing sick time, doctor’s visits, and unnecessary absenteeism
 - More smiles in the work place, more productivity, more joy, better performance
 - There is no quick fix or magic pill for health, but there is a lifestyle change that really works...without any side effects!
 - For every \$1 spent on employee wellness, companies can expect a return of \$2-\$10!

How will you afford disease if you cannot afford prevention – unknown
Contact Jeanine today at www.jeaninefinelli.com 919.656 2711