

# ***Wellness Workshops***

**Why co-host a workshop with me?  
Be an ally -- save lives, create  
community, and GROW your  
business.**

**Your  
logo  
HERE**

Your Address  
Your City, State  
Your Phone #  
YourWebsite.com

**DATE**

**TIME**

**1 hour workshop  
+ Q&A / demo**



Photo: Dawn Insanalli

## **Coach Janelle • WVOX Host EFT/TFT Coach • Health Educator Topics:**

- Stress management with tapping  
(Acupuncture without the needles)
  - How to quit smoking / vaping
- Relationship with food: take control
  - Improve your immune system
  - Keto and Intermittent Fasting 101
- Using energy work to reduce PTSD and prevent suicide
  - Juicing 101
  - Sleep is your superpower
- Meditate, breathe, and find your soul's purpose

***Let's bring dining guests in for  
an experience worth repeating.***

***ACTION STEPS:***

- **We set a date and time**
- **We promote the event**

**(I will promote through my websites, email lists, and  
twice weekly radio appearances on WVOX)**

- **All attendees receive a special offer  
for FUTURE visits to your restaurant  
(Both in-person and virtual attendees)**

**Which package would you prefer?**

**Package A: \$20 tickets + prix fixe menu**

**Package B: \$20 tickets + menu minimum**

**Package C: *What do you have in mind?***

***YOU GET:***

- ***All revenues for food and drink***
- ***Promotion on all my channels / platforms:  
e.g., radio show, social media, email lists***

***I GET:***

- ***All revenues from ticket sales***
- ***Promotion on all your channels***

## ***Why Stress Management?***

**Did you know:**

**Over 95% of ALL disease starts with STRESS.**

**STRESS suppresses the immune system and limits our ability to think creatively, rejuvenate, and heal at a sub-cellular, energetic level.**

**Cancer. Diabetes, Eating / nutritional disorders.**

**Mental health. Even catching a virus.**

**All these problems are rooted in our stress levels.**

**STRESS shunts blood flow from our frontal brain, where the highest levels of cognitive functions happen. STRESS reduces immune system function, stops the body's repair activities, and limits our ability to change the things that can be changed.**

**Knock down stress levels and the quality of life just keeps getting better, even if external circumstances are the same. We can experience challenges differently and feel less overwhelmed and hopeless. When there is hope, things can get better.**

# ***Why am I offering these workshops?***

**Since March 2020, I have been my own best client: applying all the tools I had to navigate a pandemic, then learning new techniques that I could use to improve the quality of life for myself and others.**

**Every day, I step into my life mission: To SAVE LIVES.**

**I thought: Wouldn't it be fantastic if I could help local restaurants thrive during uncertain times, under difficult circumstances.**

**I believe our survival and best future depends on co-öperation, collaboration, and community.**

**FOOD is at the heart of my wellness workshops, so partnering with restaurants is a natural fit.**

## **The Problem:**

**Our public health system is barely functional compared with Third World countries. After many decades of insufficient funding, staffing, and program implementation, there was no way we could possibly have been ready for the CoViD-19 pandemic. The current model is utterly broken. WE NEED A NEW SYSTEM.**

## **The Solution:**

**Together, we can create a NEW SYSTEM, an environment where people have the information they need for optimal self-care. We can reduce risk of infection -- but if we do happen to get sick, we can recover rapidly while suffering minimal symptoms. We can boost our immune system function with simple lifestyle changes that may not be common knowledge. We can empower ourselves with tried-and-true methods that don't cost much, if anything.**

## **A Little About Me:**

***My life mission: To save lives.***

***My motto: Prevent the preventable with empowerment.***

***My strategy: Partner with local businesses to build a new paradigm of wellness that is accessible, affordable, entertaining, and impactful.***

***My team: Physicians, public health professionals, nutritionists, spiritual leaders, and coaches.***

***We represent a few hundred years of experience, training, and success.***

**Knowledge might be power,  
but applying knowledge is the most powerful action.**

**I look forward to working with you.**

**Janelle Allbritton, MPH  
Master of Public Health**

**Dual Emphasis:  
Health Promotion and Education  
Global Health**

**Bachelor of Arts: Business Management  
Major in Marketing, Minor in Psychology  
California State University, San Bernardino**

**Various Energy Work Certifications  
(e.g., Reiki, Tapping, Thai Massage, Meditation Techniques)  
914.792.8100 • Hello@WestchesterCountyPost.com**