



The Family Wellness Institute
900 NE I-410 Loop, Suite D-104
San Antonio Texas 78209
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A healthy heart is the key to your wellness

The Family Wellness Institute develops and provides education, training and coaching for “Balanced Wellness”.

Our **Balanced Wellness Services** enable our clients to claim employee wellness program benefits. Some of these benefits include:

- Feel better
- Save money
- Eat better
- Lower healthcare costs
- Miss less work
- Reduce and manage stress better
- Enjoy better teamwork
- Experience improved performance

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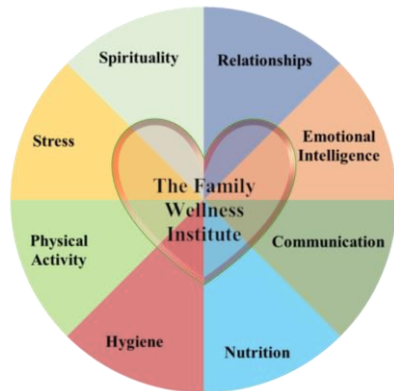
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The Family Wellness Institute

Introduction to Balanced Wellness



Heart-Centered Balance



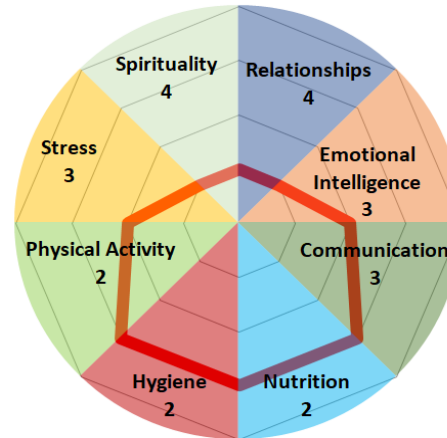
“A healthy heart is the key to long life. Its role in wellness cannot be overstated.”

The Family Wellness Institute has identified “Eight Dimensions of Balanced Wellness”. They are:

- **Relationships** – Top indicators of longevity and wellness*
- **Emotional Intelligence** – Skill set for managing stress and nurturing relationships
- **Communication** – Important skill for social interaction and giving and receiving emotional support
- **Nutrition** – Important health determinant and source of wellness
- **Hygiene** – Practices for preserving health and limiting exposure to harm
- **Exercise** – Generates energy; the engine that drives good health
- **Stress Management** – Essential for happy healthy living
- **Spirituality** – Purpose and meaning are critical motivators for wellness*

*Dan Buettner “Blue Zones”

The Balanced Wellness Maturity Model



“The Family Wellness institute uses the **Balanced Wellness Maturity Model** to educate and support people seeking a better way to lasting wellness.”

Our lives are shaped by our choices. The pros and cons of our choices are often not well understood.

- What health decision am I making when I choose fast food?
- What health decision am I making when I take the elevator instead of the stairs?
- What health implications are there when I have strained relationships or avoidable stress in my life?

Awareness through education and personal transformation through extensive coaching and support is our model for success.

Our Professional Services



Dimensions of Wellness

- **Six 2-hour sessions held over two days**
 - Accredited Wellness Program
- **The Family Wellness Pre-Education Scorecard**
- **Individual Balanced Wellness Assessments**
- **Individual Roadmap Development**
 - Improvement plan for each wellness dimension
- **Small Group and Individual Coaching**
- **Weekly Sessions for group and individual participants.**

Learn more @ www.thefamilywellnessinstitute.com