



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 such as:

- 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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Stamp
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The Family Wellness Institute

Introduction to Balanced Wellness



Heart-Centered Balance



The Family Wellness Institute recognizes the incredible role our heart plays in our overall health and well being.

We have identified “Eight Dimensions of Balanced Wellness that impact our heart health”. They are:

- **Relationships** – Top indicators of longevity and wellness*
- **Emotional Intelligence** – Skill set for nurturing relationships
- **Communication** – Important skill for social interaction
- **Nutrition** – Important health determinant and foundational 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** – Our connection to the universe, to each other and to the divine.

*Dan Buettner “Blue Zones”

Balanced Wellness



Our lives are shaped by our choices. Often the pros and cons are 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 present when I have strained relationships or avoidable stress in my life?
- What changes in lifestyle will enhance my wellness?

Our model for success is to enhance awareness through education and to support personal transformation through coaching and ongoing support.

Our Professional Services



Dimensions of Wellness

EDUCATION

- **Accredited Wellness Program includes: Six 2-hour sessions**

COACHING

- **Individual Balanced Wellness Assessments**
- **Individual Roadmap Development**
- **Individual and Small Group Facilitation**

SUPPORT

- **Weekly Sessions for Individual and Group Participants.**

Learn more at
<https://thefamilywellnessinstitute.com>