

Your health affects everything you do
and everyone you know.



YOUR SOLUTION TO EMPLOYEE WELLNESS

Employers spend millions of dollars every year on their workers. Prevention through health education can dramatically reduce corporate health care costs.

We offer health and wellness education seminars to you and your employees FREE of charge.

Changing Beliefs

Changing Health

Changing Lives

CONTACT US

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WHY WELLNESS EDUCATION SEMINARS?

Americans spend more daytime hours at work than anywhere else. At the same time, employee health care costs continue to spiral upward.

We know, however, that prevention through health education dramatically reduces corporate health care costs. With our wellness initiatives, Dr. Regan Jung can help your organization step up employee productivity and reduce costs.

OUR SERVICES

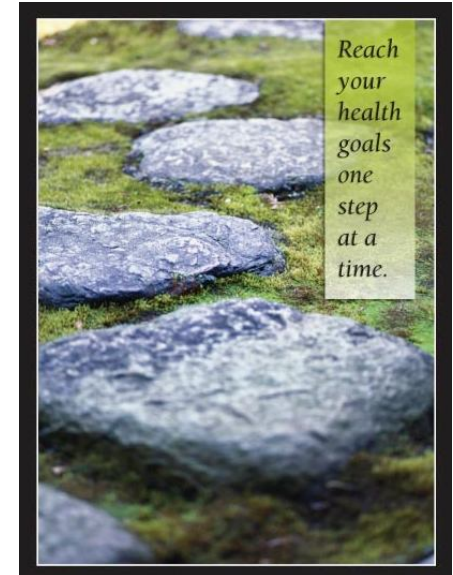
Our programs are custom designed to meet your company's needs. Whether you're looking for one seminar per year or a short series of seminars, Dr. Jung delivers high-quality, fun, and interactive wellness seminars that will help your company achieve its goals. No matter how small or large your organization, an employee wellness program is time well spent.

SEMINARS

- 12 Steps to Wellness
- Diabetes Prevention & Management
- Weight Management
- Nutrition 101
- Detoxify your Body for Life
- Cancer: Cause & Cure
- Allopathy vs. Wellness – Paradigm Shift
- Food as Medicine
- Stress Management
- Sugar: The Unnatural Born Killer
- Chronic Disease Prevention
- Heart Smart

WELLNESS BOOSTS

- Monthly Newsletters
- Bio-structural Exams



Reach
your
health
goals
one
step
at a
time.

BENEFITS TO EMPLOYEES

- Reduced health problems
- Improved morale
- Diminished stress
- Increased productivity
- Increased energy levels
- Improved overall health

BENEFITS TO EMPLOYERS

- Reduce absenteeism & lost productivity
- Create a positive investment return
- Reduce health care costs & Workers Compensation
- Improve efficiency
- Create team unity

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