



One-hour lectures deliver a fascinating wealth of immediately useful, science-based knowledge plus today's key wellness skills to produce optimal health

The Lunch N' Learn Lecture Series provides valuable new tools to inspire real wellness gains for employees, events, meetings and individuals. Choose all or any from the menu!

1. Rapid Calm

THE Health Key to Enjoy Life and Work

Today's highest value health skill is how to de-stress fast. With Rapid Calm you multi-task for health. Restore healthy calm in seconds while working, driving, walking and talking.

- Enjoy nourishing calm
- Slow aging and stop stress

2. Presence of Mind

The Key to Focus Clearly & Create

Focusing fully in the moment streamlines your thinking, improves decision-making, sharpens memory and grows awareness.

- Gain lifelong ability to instantly focus free of distractions, worry, overwhelm
- Savor refreshing sleep and remedy insomnia with a quiet mind

3. Genius Focus

The Solutions Key to Innovate Value

Innovators & visionaries access their genius by a special focus. Today's challenges require creating "coherent" solutions as basic ability.

- Discover the power to create thriving solutions versus "problem solving"
- Transform challenges into goal-achieving opportunities

4. Relaxed Readiness

The Key for Muscle Health & Flexibility

Relaxed muscles re-direct rich nutrients, blood and oxygen to your brain and organs.

Reaction time improves greatly.

- Quickly dissolve tight muscles and relieve many headaches
- Enjoy greater freedom from tension

5. Energy Health

The Key to Feeling Really Good

Abundant, positive life force is a priceless treasure. Healthier ways to energize give you multiple benefits.

- Uplift your spirit & feel good inside without life being perfect
- Recharge your vital life force & boost immune strength

6. Energy Field Strength

Activate & Vitalize Your Bio-Energetic Field

Bio-physics now explains human energy fields. Fascinating, practical energy tools can prevent illness and boost immunity.

- Cleanse your energy field of colds, flu and illness before they "catch"
- Recharge your body with nourishing "earth energy"

7. Healthy Joints

Keys to Be Flexible & Keep Moving

Joints provide the supportive tissue to connect bones and muscles. Easy and quick, these circular moves are traditional martial arts warm-up, beneficial for any exercise.

- Refresh fast from extended sitting
- Gain mental agility with improved circulation and enhanced nerve function

8. Healthy Lungs

The Longevity Key for Oxygen Bio-Fuel

Oxygen is your body's main fuel. Breathe increased oxygen into your lungs to dramatically increase your mental aliveness & awareness.

- Use oxygen to wake more "up"
- Charge your brain with oxygen for the day
- Gain health benefits by increasing the functioning of your lungs

9. Brain Energy

The Qigong Key to Energize Your Mind

Turn on your brain with life energy ("qi") for vibrant, enhanced perception. China's traditions value this rare knowledge.

- Energize and enliven your brain
- Activate your awareness

10. Wise Stress

The Decoding Key for Emotion's Gifts

Emotions have amazing wisdom. They guide us to enjoy life & choose well so stress, anger & fear don't ruin health or success.

- Learn the hidden wisdom purpose of all stressful emotions
- Transform "negative" emotions into valuable positive guidance

SCHEDULE THIS GOLDEN OPPORTUNITY! CALL OR EMAIL TODAY

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