

## WELLNESS TELESEMINAR SERIES

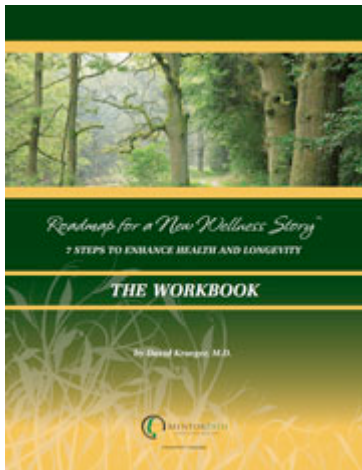
### ROADMAP FOR A NEW WELLNESS STORY™ 7 STEPS TO ENHANCE HEALTH AND LONGEVITY

#### Do you want:

- Healthier habits, but don't know how to maintain them?
- Less stress?
- Whole person health?
- Lasting improvements in your mind and body?
- To develop your own wellness story?

#### Intentions need a strategy and plan: a **ROADMAP™**

Teleseminar series presenting proven strategies for a life design and crucial transitions.



Presented by

David Krueger MD

plus:

**New Life Story Workbook™**  
**ROADMAP™ Program**  
**New Life Story Glossary**

- Learn how to master-plan a specific, step-wise wellness program.
- Apply strategies to make changes more quickly.
- Use latest research from psychology and neuroscience to boost your efforts.
- Break through obstacles to achieve lasting lifestyle change.
- Have sustainable positive results directed to the whole person
- Apply exercises and work tools that systematically structure action steps for change.

Dates: Tuesdays beginning February 10, 2009.  
7:00 PM Eastern

Five one-hour Teleseminars

Seminars will be recorded for 24 hour playback  
for those with schedule problems.