

About

Speaking Engagements

**Be Healthy Plan For Positive People & No More Stress
Just Happiness Guaranteed - This 30 minutes to 3 hours event will provide a pro-active, preventive, health care initiative designed to strength the immune system, balance emotions, balance mental, emotional, spiritual energies, prevent sickness, illness, and disease, and establish the power of love, the joy of forgiveness, and the peace of a humble heart in the life of an individual.**

Program Outline

Healthy Exercises

Our Positive Attitude

S.A.L.T. Communication

Crisis Conflict Resolution

Rebuilding Damaged Relationships

Art Of Forgiveness

Primary Causes Of Distress

How To Stop Addictions & Bad Habits

Our Seven Super Powers

Our Wellness Words Of Wisdom

The Secret Of Happiness