



Men's Health Seminar series

Getting the very best from your men

This remarkable three-hour seminar empowers men to deal effectively with their health, their jobs and their lives. It is aimed at male-dominated companies and industries, and covers a broad range of material supported by quality handouts and referrals. The aim of the seminar is to lead men on a journey through natural personal healthcare, enabling them to take charge of their own health and wellbeing.

As with most of the good things in life, you can expect to feel the effects of this Men's Health seminar very quickly.

What the employer can expect:

Increased productivity

Following this program, employees will feel better, more energetic, be capable of higher levels of self-discipline and will demonstrate a resultant increase in output.

Reduced costs and absenteeism

Employees will learn how to avoid simple illnesses, and by managing themselves more effectively, will be less likely to miss work due to illness.

Reduced risk of workplace injury

Accidents often occur due to poor concentration caused by lethargy. Following this program, employees will know how to avoid lethargy and stave off its destructive effects.

Improved camaraderie and reduced workplace stress

This program has proven to be effective in improving camaraderie as employees tend to have fun both supporting and challenging each other over the information learned in the program.

What the employee can expect:

Reduced disease risk

The information presented will help individuals to drastically reduce the risk of diseases like cancer, heart disease, arthritis and diabetes.

Feel better

Following the program guidelines will increase energy levels and vitality, maximising personal output and capacity for work, exercise, fun and family.

Better sex

When a man feels better, more energetic and more positive about himself he feels more like sex, has more energy for it in the evenings and actually enjoys it more. Partners will notice the difference which has an added positive impact.

Weight loss

Losing weight is quite easy if a man knows how. Following even just a few of the program's guidelines will see many men lose a few of those unwanted kgs.

Feel more capable

When a man feels better, feels fitter and feels stronger, he feels that he can do more - whether it be at home or at work. Back problems reduce and personal satisfaction increases.

The program is presented in a fun yet compelling way. Several Local Government Depot Managers could not believe that not a single man left the room to have a cigarette during the three hour presentation comprising both seminar topics.

*The best thing you can do for your workers:
the wisest thing you can do for your business*



getting the very best from your men

The program is broad-ranging, but deals with issues in a very 'nuts and bolts' manner. It does not strive to lead men to be dependant on a GP. It is designed to put the right tools in the hands of the man who wants to use them.

Program content

- why the current healthcare system cannot be relied upon and why men really must start taking **responsibility for their own health** and wellness.
- the first step to excellent health is to clean out the rubbish - **cleanse and detox**.
- understanding the chemistry of the body, pH levels and how **food really impacts upon health**.
- the true nature of male **cancers**, what causes them and how to **avoid** them.
- the true nature of **cardiovascular disease**, what really causes it and how to **avoid** it.
- the power of **hydration** in balancing health, maximizing energy and preventing disease.
- the importance of regular physical **exercise** and how to **get started**
- managing **stress** and finding life **balance**, including Mind/Body medicine
- **laughter** and health - the incredible link
- finding a **holistic** health care professional who can show you how to maximise health.
- some important things men need to know about **women's** health.

Follow-up and resources

A master set of notes will be provided for the client to copy and hand out to participants on the day. The following resources will also be available.

- Each participant will receive an e-book containing all of the information plus more from the seminars.
- Life Balance has an excellent website with a wide variety of articles for the whole family. Access is free to all participants.
- Life Balance produces a fortnightly newsletter, a free service to anyone who wishes to subscribe.
- All of our seminars are available on CD and can be purchased at the seminar or online.
- A range of excellent books are also available online or can be placed onsite as an employee personal development library.

Program costs

Two Seminar Program

The cost of the program is \$3,500:00 plus GST, for two seminars, to be presented, preferably, at least 2 weeks apart

Single Seminar Program:

The Cost of a Single Seminar Program is \$2,200:00 plus GST.

Promotion

We will provide Promotional Posters to be mounted at the site to attract interest and inform employees of the date and time of the event(s).

We ask that the client use whatever avenues exist within the organisation to promote the event(s) to maximise attendance.

*Contact Details for More Information:
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