



# The Wellness Factor

Sponsored by  
The Delaware State Bar Association

# Wednesday – Sept. 10, 2008

- At noon

Learn how to keep wellness in a highly stressful and demanding environment. Learn stress resilience, attitude adjustment, ways to lower your blood pressure naturally, calm your heart and improve your sleep and more.....



Wed., Sept 24, 2008

- Blood Pressure: How to help tame the silent killer – an in-depth look into understanding the numbers of blood pressure and how they affect our health. Plus, what we can do to keep it within optimal range? (Blood pressure measuring will be available before, during and after the session.)



# Wed. October 15, 2008

- How Well Do You Cope?

Learn the essential coping tool with every breath that you take. Your breathing patterns reflect your state of mind, your emotions and your ability to cope. Do it right!



# Wed, October 29, 2008

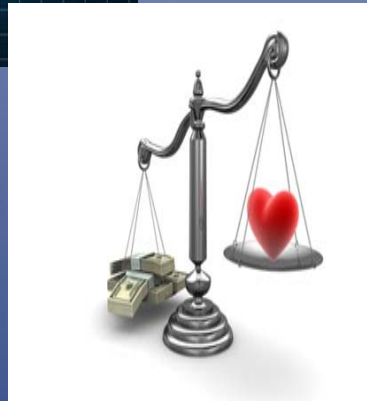
- Move a muscle/Change a move: Moving those muscles can help you to live longer. By moving a muscle the body releases hormones that can act as natural antidepressants making you feel good while helping you to distance yourself from the demands of everyday life.



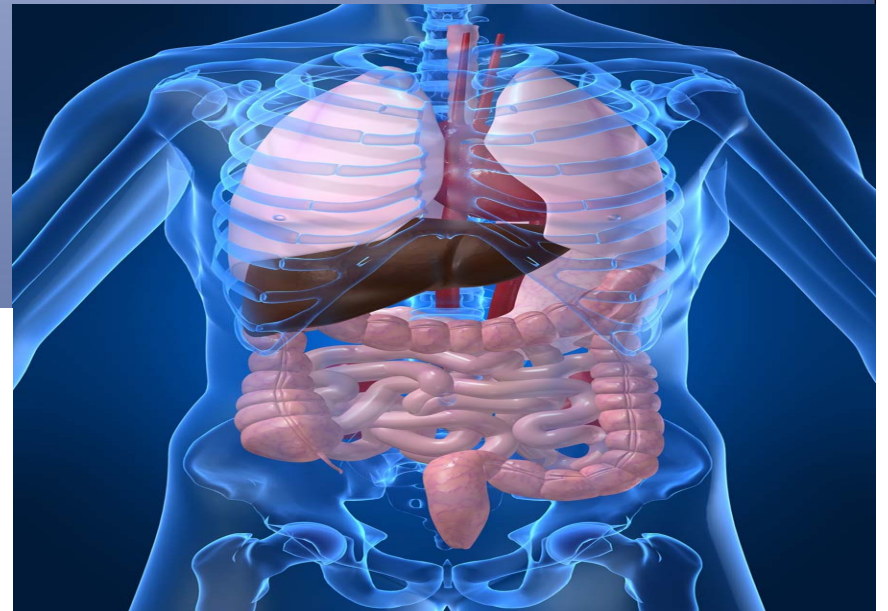
# GETTING TO THE HEART OF IT



STRESS &  
THE  
HEART



THE BODY





# Take control

- BEHAVIOR: Myths vs. Truth
- DIET
- EXERCISE



# Rewire

- Thoughts & Emotions

