

Maureen Wielansky

HEALTH AND WELLNESS EXPERT



 **SAVOR YOU!**

KEYNOTE PRESENTATIONS

STRESS-LESS: SIMPLE STRATEGIES TO HELP YOU FEEL MORE ENERGIZED AND FOCUSED

Stress has become society's badge of honor. Unfortunately this badge kills. Many diseases and ailments are the result of constant stress. It takes a toll on your body, impacts your health and work capacity which ultimately diminishes corporate performance. You will become more aware of the causes of stress in your life so you can stress-less and achieve a sense of balance.

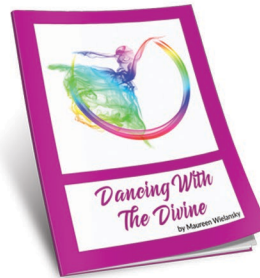
BECOME YOUR OWN NUTRITIONIST: FUEL YOUR BODY FOR ENERGY, HEALTH AND HEALING

When you were a kid you ate to live...you intuitively ate what you needed for fuel and optimal health. Unfortunately, as you grew older, you forgot that innate wisdom and started to eat according to the advice of others. During this experiential experience Maureen will walk you through the 5 steps of her philosophy, Intuⁿutrition training that marries each person's intuition with the highest nutrition available at any moment. You become the expert on what works best for you and your body.

CREATE YOUR DIVINE PLAN FOR HEALING YOUR RELATIONSHIP WITH FOOD AND YOUR BODY

The billion dollar diet industry banks on society being fat, sick and the walking dead. The DIET industry ignores your unique needs and instead focuses on selling the latest quick fix or fad system. As a result of these plans, you may lose the weight yet statistics show that for 95% of DIETers, the weight comes back with a vengeance. This program helps you heal your relationship with food and your body. You will feel better than you have in long time while still enjoying many of the foods you love.

JOURNAL



Dancing with the Divine Journal is designed to help you dance your way to a healthier life.

CLIENT FEEDBACK

"Our participants were moved, inspired and motivated to take action by Maureen's message. She is funny, full of great insights and strategies and enjoyable to watch.

Lethia Owens, Game Changers International

Maureen Wielansky shares from her heart and sincerely wants to help the women she speaks to make a real difference in their life."

Donna Gamache, Donna Gamache Global



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7 Savory Tips to Nourish Your Mind & Body



YOUR BELLY KNOWS BEST

All your nutritional knowledge lies not in your brain but in your belly.



NOTICE THE GROWL:

When you are hungry; eat when you are no longer stop eating.



BREATHE WHILE YOU EAT

When you put down your fork and take a deep breath, and allow your body to do its job. Your digestion takes in the nutrients and prepares them to be converted into energy.



FUEL UP ON THE HIGHEST NUTRITION POSSIBLE

Fake food, fast food and diet food only mess with your hormones, your body chemistry and your weight.



FOOD HAS NO MORALS

Think of food as a continuum of frequency: some foods you eat every day and some foods you eat once a year.



HAVE LUNCH WITH THE SUN

At noon when the sun is high, so is your metabolism and your body needs more nutrition. At dinner: the sun falls and so does your metabolism so eat a light dinner.



PLAN-PREP-PREPARE

Society does not make it easy to fast track healthy eating.

