

Vibrant Life Seminars

We believe you are designed to thrive

We believe that vibrant, lifelong health is every person's birthright. It is the natural and normal outcome of living your life following nature's design.

Vibrant Life seminars are an in-depth look at the philosophy, science and art of living well. It is intended to support people in maximizing their potential in every area of their lives, starting with their health.

Our interactive seminars are based on powerful principles that are scientific, logical and easy to follow. Our goal is to provide the most valuable and effective strategies we know to help people thrive in their busy lives.

Why Should You Consider Implementing a Wellness Lifestyle Program?

- **Workplace Wellness benefits employees by offering...**
 - o A safer workplace.
 - o Reduced out-of-pocket health expenses.
 - o Higher job satisfaction.
 - o Higher self-esteem.
 - o Higher employee morale.
 - o Decreased stress.
 - o Increased energy and focus.

- **Workplace Wellness is a competitive advantage because it results in...**
 - o A healthier and more informed workforce.
 - o Reduced injuries and sickness (30% reduced workers' compensation claims and disability management)
 - o Lower absenteeism (28% reduction in sick leave absenteeism)
 - o Attraction and retention of key employees.
 - o Improved corporate/organizational image.
 - o Increased workforce productivity.
 - o Prevention as the central theme of cutting medical costs (
 - o Healthier employees using their health benefits less, thereby lowering the costs of premiums over time (26% reduction in the use of health care benefits)

("Meta-evaluation of Worksite Health Promotion Economic Return Studies," The American Journal of Health Promotion, 2003).

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LUNCH & LEARN

You can easily help your employees and patrons gain dynamic energy and vibrant health by providing them with one of these information workshops:

General Health

- Vitality 101
- Fuel for Life
- Move for Life
- A Mindful Life
- Thriving in Stressful Times
- Posture – Don't Just Sit There
- Top Ten Immune Boosters
- Boost your Energy!
- Developing Focus and Maximizing Performance
- Women's Health: You Deserve More!

Family Wellness

- Boost Your Fertility
- Birth Choices
- Life After Birth
- The Developing Mind
- Healthy Baby and Toddlers
- Raising healthy, happy kids – naturally!
- Natural Solutions to Common Concerns
- Stressed out Kids

Seminars can be tailored to the specific needs of your organization. Formats can include lunch and learn presentations, all-day seminars, health fair booths and more. All seminars can include handouts for follow up.

Our Proposal

As part of our mission to help create healthier communities, Dr. Amy volunteers her time to tailor the first introductory Vibrant Life seminar to each group. Follow up sessions can be booked at a fee.

Our team is passionate about sharing our knowledge with our community and helping people get healthy and stay healthy. We know that healthy people create better employees, better parents, better teachers, and better individuals. We have a vision for our community that involves everyone expressing full health, vitality and happiness. The natural result of happier, healthier and more fulfilled people are employees with greater energy and strength while at work, increased focus and productivity on the job, as well as reduced injuries, sickness and lost days due to illness/injury.

To schedule a workshop or learn more, please feel free to contact Brittany at (902)446-4030 or by email at connect@the-lifehouse.com

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About Dr. Amy Robinson



Dr. Amy Robinson is a family Chiropractor with over 15 years experience in private practice, the owner of The Lifehouse in Hammonds Plains, and a well-seasoned public speaker. She has spoken to audiences of hundreds, sat on expert-panels for health professionals, and has appeared on TV numerous times in Ontario and Nova Scotia, including Global News Halifax and CTV News Atlantic. From online podcast interviews to intimate parenting groups and kids sports teams, she is comfortable in virtually every setting.

Many of her larger corporate presentations were from her 11 years in practice near Toronto, including:

- Vaughan Chamber of Commerce
- 407 ETR
- Powerstream
- CN Rail
- Ontario Early Years
- Childbirth and Postpartum Professional Association of Canada
- Hospice Vaughan
- Toronto Association for Community Living
- York Region Breastfeeding Coalition
- Other avenues have included the Babytime Show, Mother to Be Expos, local parenting groups, schools and daycares.

As well as Nova Scotia presentations, including:

- The Mortgage Group
- Royal LePage
- Canadian College of Massage
- Fiddleheads
- Public Health (mom and baby groups)
- Breastfeeding Community of Practice
- Dalhousie Nursing Department
- CrossFit Exertion
- CrossFit Bardown
- Tv spots on Global and CTV

We are certain that you will find her style engaging, informative and motivating. Comfortable in many settings, Dr. Amy is able to tailor the information and delivery to suit your groups specific needs and interests.