

# Healthy Doesn't Have to Be Hard

## LEARN FROM AMY KISER, MBA, FNTF, BCHN

**My corporate wellness workshops involve simple, science-based tips that inspire individuals to embark on a journey to better health.**

Presentations are customized to meet the needs of your group. You can check out my credentials and a list of my past programs, workshops and talks on my website: [www.janestreetwellness.com](http://www.janestreetwellness.com).

### **Sample topics include (but are not limited to):**

- “ Boost your immune system
- “ Improve your focus
- “ Support your mental health
- “ Transition your family to healthy
- “ Lose the weight you gained in 2020

The cost of a 30-minute webinar is \$250 for up to 30 people and involves a presentation and PDF booklet of topic-specific recipes. Longer programs, in-person programs, and programs involving larger groups can be provided at an additional charge.

**LET'S DISCUSS HOW I CAN INSPIRE YOUR GROUP TO GET HEALTHIER. EMAIL [AMY@JANESTREETWELLNESS.COM](mailto:AMY@JANESTREETWELLNESS.COM) OR CALL 917-626-7913 TO LEARN MORE.**

