

jamie



living



plentiful | living



vibrant | living balanced | living

This approach is not about acquiring more self-discipline or willpower. It's about personally discovering what feeds you, what nourishes you, and ultimately, what makes your life extraordinary.

Happy, healthy employees are the building blocks of effective, stable companies. Companies that invest in corporate wellness programs have radically fewer health-related absences, and much lower employee turnover than other businesses. In fact, for every dollar you invest in corporate health programs, you save over a hundred dollars in attrition and health-care costs.

But the benefits don't end there. When people learn the skills they need to sustain long-term health and wellness, they also become more productive, efficient, and effective for as long as they live.

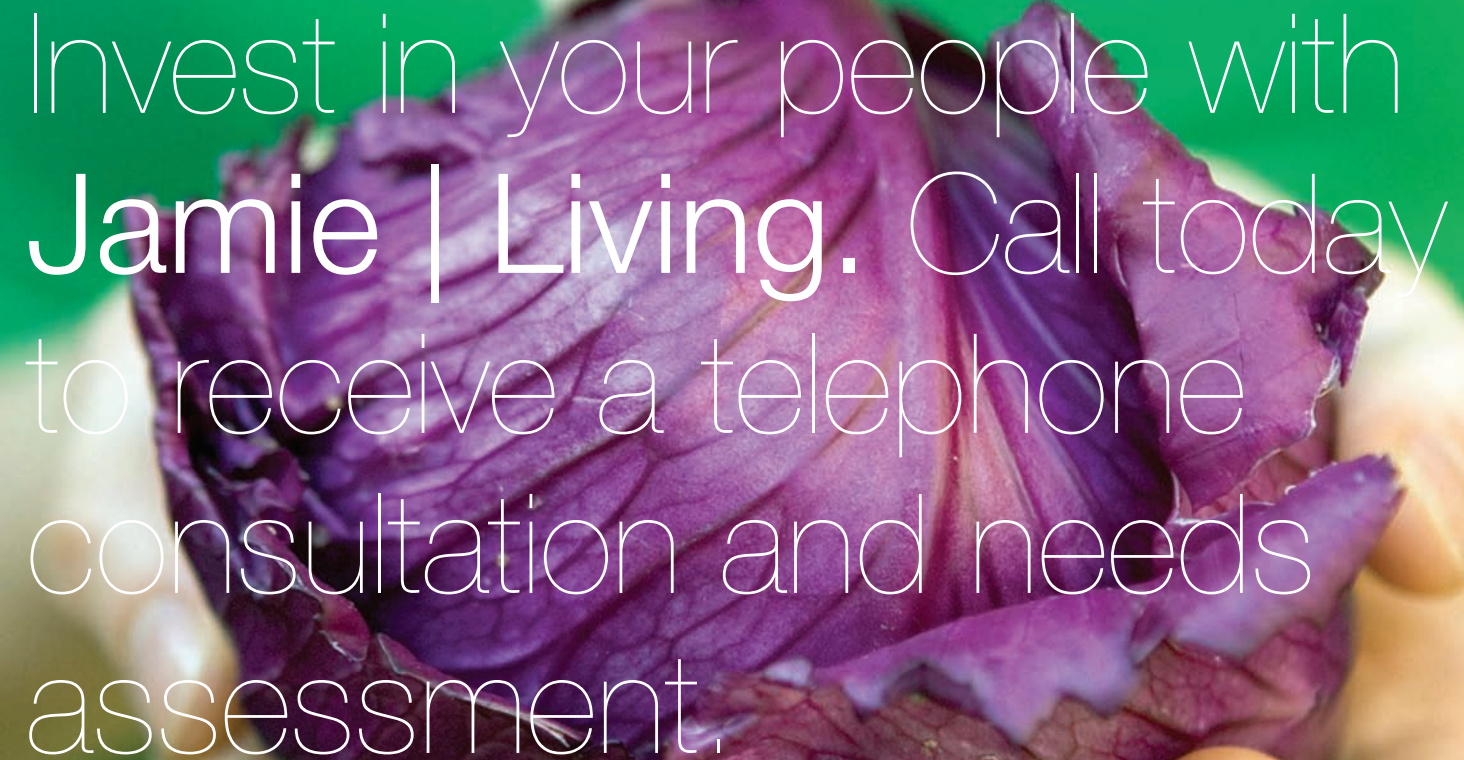
That's where I come in.



See, I don't teach the latest diet-craze, force people to exercise iron self-control, or encourage "health" choices that leave you feeling exhausted and demoralized.

Jamie | Living is about creating a rewarding and energizing nutritional lifestyle – one that you want to continue, not one you force yourself to continue. Eating well means feeding your body...and your heart, mind, and soul. I can help make this model a reality for every person in your business, department, or team.

Through a uniquely designed corporate wellness program, I can bring **Jamie | Living** to your organization. And, while I can't make your CFO live forever, I can help ensure that he or she is healthy, happy, and productive for years to come.



Invest in your people with
Jamie | Living. Call today
to receive a telephone
consultation and needs
assessment.

Jamie Greenwood Dougherty
Health & Lifestyle Consultant
Wellness Speaker

p 510.393.0437
f 510.647.8517

e jamiegd@jamieliving.com
www.jamieliving.com