

MAKE HEALTH YOUR HOBBY WORKSHOP SERIES

Prime-Time Health™ is a scientifically proven plan that provides a roadmap to better health for both adults and seniors, with a focus on living a longer, healthier life. As adults age or have neglected their health, they can encounter different health issues that they did not experience when they were young. The Prime-Time approach empowers individuals to take charge of their health and learn how to:

- ✓ Prevent disease and unhealthy aging
- ✓ Boost energy levels, reduce stress, sleep better, and think sharper
- ✓ Use good nutrition to help decrease pain and inflammation
- ✓ Reduce the risk of cancer, high cholesterol, high blood pressure, and arthritis
- ✓ Become fit, flexible, and strong

Prime-Time Health™ provides sustainable tools and resources that offer flexible options and delivers a plan that includes the following topics:



Make Health Your Hobby

Invest now to create a lifetime of good health, energy and vitality. Understand the health and wellness journey, how to set attainable goals, and the importance nutrition plays in our overall health and well-being.

Make Your Own Medicine®

Understand how the body works and what is taking place inside. Learn how our bodies make their own medicine and how to improve our health with the "pills and skills" approach.

Move Waste from Your Waist

Not all fat is created equal. Learn which types of fat are more harmful to our health and how to lose weight and keep it off through lifestyle, exercise, attitude, and nutrition.

Live Without Pain and Inflammation

Inflammation is the root cause of most health issues including heart disease, diabetes, arthritis, asthma, and many others. Learn simple ways to reduce inflammation and improve quality of life.



Linda Yalen
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Certified Health Coach
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Prime-Time Health™ is offered to adults and seniors, exclusively by a Dr. Sears Wellness Institute Certified Health Coach. Through interactive activities and cutting-edge scientific information, individuals will learn simple yet effective ways to dramatically improve their health.

To book a workshop, please contact Linda at: (860) 494-0488 or linda@patslegacy.org