

Lunch & Learn Seminars + Our Team + Biofeedback Scans

Seminars Topics:

- Wellness by Choice not by Chance, an award winning seminar.
- Preventing Diabetes/High Blood Pressure Naturally workshop.
- Weight Management without dieting workshop.
- Stress Management workshop.
- Leadership Skills/Communication Skills/Conflict Resolution Skills.
- Employee Wellness Assessment and Evaluation using Biofeedback
- Team Building Workshops.
- Personal Development: Self Actualization & the Power of Positive Thinking Workshop.
- Occupational Health & Safety Workshops.
- Ergonomics: Improved Posture & Decreased Back Pain.
- The benefits of Biofeedback /EIS/HRV/ICAP/Creative Visualization in improving employees's productivity. The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. We Promise to inspire you and your team in our upcoming Lunch & Learn seminars. Our Past & Present Satisfied Fortune 500 Preferred Clients: Dofasco Inc. [Arcelor Mittal], Hamilton, ON. [Lunch & Learn since 1999]; Royal Bank, Toronto, ON; Bank of Montreal, Toronto, ON ; Nesbitt Burns, Woodbridge, ON; CSA Int., Rexdale, ON; Bank of Nova Scotia, Toronto, ON; Canada Loyal Financial, Oakville, ON; Honda Canada, Alliston, ON; Transamerica Life Insurance, Toronto, ON & Aegon in San Francisco; PGE [Pacific Gas & Electric in San Francisco], USA ; Alsa labs in St. Jose, Costa Rica; Wal Mart, Markham, ON.; Intel in Liberia, Costa Rica; American Express, Markham, ON; APSEENA International Conference, University of Toronto; Rotary Club, Bangkok, Thailand and many chapters Worldwide; International Congress of Natural Medicine, Nassau, Bahamas 2006. Presented and received an award; Vaughn Chamber of Commerce, Vaughn, ON. Canada; TD Waterhouse in Markham, ON; YMCA Worldwide Locations; Camp Allen, Houston, Texas, USA; Caribbean Airline Group, Barbados; Barbados International Airport; Cameco Corp, Saskatoon, Sask. #1 Uranium company in the world; CIBC Reinsurance, St. Michael, Barbados. several TV/Radio interviews across Canada, USA, The Caribbean, England, Thailand, Spain and worldwide; CBC Radio & TV in Barbados; Rotary Clubs in St. Lucia, Thailand, Ont. Canada and England; Imperial Oil, 90 Wynford Dr., North York, ON; Speaker at Total Health Show, Toronto, ON; Speaker at the FAME Show, Toronto, ON; CTV Breakfast TV June 15th, 2009 Toronto, ON; Key note speaker at Total Health show in Toronto, ON and Healthy Living Expo, Victoria, BC. Healthcare costs are expected to increase by 10% in 2010 for employers. To help control those costs, most employers plan to depend on wellness programs and health plans that personalize member experiences as an investment and fringe benefits to employees. Our team of doctors/speakers conduct 2 hours [\$1000]; half day[\$5000] or full day[\$10,000] Seminars + complete wellness Biofeedback assessments + private consultations. We currently offer a beta testing project for a week at a very affordable rate to increase productivity and reduce absenteeism. Book Now by email: drgrant@rogers.com Our Worldwide Team of Associates & Speakers: James Griffin, qigong@instruction.com, Qi Gong instructor and Lunch & Learn Co-Ordinator, 416 837 8197 www.healthqigong.webs.com Karen Seegert, Worldwide Lunch&Learn Co-ordinator, 705 706 1945, kseegert@gmail.com Dr. Tushar Pimpale, worldwide Lunch & Learn facilitator, tush2000_2000@yahoo.com 647 274 2053 Shekhar Nashikkar, Lunch & Learn Facilitator in India, shekhar100@gmail.com 982 18 38660 Anne Marie Daniolos, International Lunch&Learn Organizer/Facilitator, Life Coach: Clarify and Live your Life Purpose, Pregnancy Coach, Empowering Women, NLP & Mindset, Ambassador of Non-Violent Communication, Writer for Pholia : Earth Watcher, Spreading Good Green News. Annemarie@pholia.com 416 881 7307 Lisa Griffith, Worldwide certified colon irrigation therapist & Lunch & Learn Co-ordinators in Barbados, 246.429.3219; 246.253.8447 , wrapsplus@hotmail.com; www.gnhc.net , Michael Homer www.rmhfci.com Dr.S.MaKenzie,RDH,HD,PhD,D.Ac www.mckenzieclinics.com docsheila@doc-sheila.com Clinics for Humanity WONM worldwide. www.wonm.org 2813 Victoria Ave. Scarborough, ON 416 492 659 1330 Gerrard St. Toronto, ON. Anthony Simms, NBA Draft New York Nicks Olympian/mind set coach, Banker & Equity Lender, Entrepreneur, Former 25 years Basketball Champion with New York Nicks. Public Speaker, 416.817.0161 staricon2005@yahoo.ca, Wes Hall, Barbados, Cricket Champion and Olympiad. Minsiter and Public Speaker. Wesley has also been an elector, manager, administrator, politician and clergyman and is highly esteemed for his immense contribution to the life of Barbados and the West Indies. He was the Minister of Tourism in Barbados in the 1980s and implemented many sports-related initiatives which have now been adopted globally. Dr. Jose Humphreys, Clinic asociate in Antigua and Barbuda. Dr. Humphreys is a Integrative Medicine specialist practicing in Antigua and Barbuda. He has a keen interest in Allergy and Immunology. Dr. Albert Scales, D.C. Clinic Associate, Lunch & Learn in Niagra Falls, ON. 126 Lakeshore Rd. #3 St. Catharines, ON L2N 2T5 905.935.3355 ascales@cogeco.ca Dr. Anwar Faisal Al-Sabah, Ph.D. Princess of Kuwait, President & CEO NLP Consultant/Certified Trainers, first@nlpuwait.com, www.nlpuwait.com Dr. John Gray, Ph.D. The author of 15 best-selling books, DVD's including Men are from mars, Women are from venus which sold 30 million books in over 40 languages throughout the world. An expert in the field of communication and relationships. Dr. Joel Carmichael, DC, DACBSP, is the second chiropractor in the United States to complete a one-year residency in a medical hospital. The Center for Spine Pain (established by Dr. Carmichael in 1988 as South Denver Neck & Back Pain Clinic) is a multidisciplinary spinal, sports, work, and auto injury treatment center incorporating the best in evidence-based chiropractic medicine, spinal rehabilitation, acupuncture, and massage therapy for back and neck pain syndromes and headache. Dr. Carmichael is Certified in sports medicine by the American Chiropractic Board of

Sports Physicians. Dr. Jeff Spencer, MA, DC former Olympic Athlete, chiropractor. His clients include notables as Lance Armstrong, Tiger Woods The Chicago Bulls. Dr. Patrick Porter, Ph.D. CEO <http://www.PorterVision.com> Author, Speaker and trainer for 35,000 students in Psycho-Linguistics and Neuro-Linguistics. 925.443.2252; 925.640.0193. patrick.porter@mac.com Dr. Oluwole "Wally" Olusola M.D. drwole@aol.com 270.316.9616. Lunch & Learn Co-Ordinator; clinical associate. General Psychiatrist in private practice for 14 years. Currently Psychiatric Director of the Alzheimer's unit at St Mary's Warrick Hospital in Indiana and Consulting Psychiatrist for several nursing homes in Southern Indiana and Western Kentucky. Speaker for Pharmaceutical companies Like Johnson & Johnson. Michael Whiteley, research nutritionist, physical conditioning expert, professional athlete, and Lunch & Learn co-ordinator. www.ehs-3.com Allyson Nobrega and Jeff Angus, Lunch & Learn Presenters for Functional Fitness Groups. Co-Directors, Master Franchisors for Cardio Core Ontario Ltd. www.corebootcamp.com 905.802.3754 Professor Dereck Skeete, Environmental Scientist & Chemist. Lunch & Learn for Indoor Air Quality Problems. dskeete@mec.cuny.edu 917.804.2932 Dr. Wayne D. Haywood, Co-ordinator for non-profit seminars Intl., Motivational Speaker, author and Peak Performance Trainer. 868.675.5683 [Port of Spain]; 416.491.3335 [Toronto]; 868.662.8952 waynedexterhaywood@yahoo.com Michelle Williams, Clinic Co-Ordinator in Toronto, Port of Spain, Trinidad & Tobago 416.818.2260 tehilar@rogers.com Dr. David M. Homer, N.D., C.N.C., Naturopath, Nutrition Consultant and Lunch & Learn Co-ordinator in Trinidad. www.preventingdisease.com 868.663.6679 Marjoleine Bravenboer, Wellness Affiliate & Lunch/Learn coordinator in the Netherlands, Homeopathic Practitioner, Massage therapist and SCIO biofeedback practitioner. mabravenboer@hotmail.com Terri Phillips, R.N., C.N.H.P., C.H., C.Ir., Corporate Lunch & Learn in Eastern Canada & USA. 905 894 9933, tphillips@iaw.on.ca Carolyn Ely, R.N., Wellness Affiliate in Michigan, Nutritionist and Nurse, 989 224 481, St. Johns, Michigan, 48879. cely@hughes.net Kevin Lankford, Wellness Event Coordinator in Maryland, 240 581 9807, kevin@kevinlankford.ws Bob Stuart, wellness affiliate of International Lunch & Learn, Retired Managing Electrical Engineer Pacific Gas & Electric [PG&E] in San Francisco, 415 812 5145. Natalie Rashid, HD; DHMHS; MA; HBSC Homeopathic Doctor. Clinic associate & Lunch/Learn co-ordinator. natalierashid@hotmail.com Scott Robbins, Worldwide Lunch & Learn Seminars, Communications and International seminars in Mexico & Canada. Scott is an award winning Broadcast Journalist, Producer and Host. Toronto 416 907 0890, Mexico 52 322 113 0237 and 702.949.0914 USA. Roza Kolonjari, B.A. Worldwide Lunch & Learn facilitator. rozakolonjari@hotmail.com Plamen Gantchev, worldwide Lunch & Learn facilitator, plamen969@yahoo.ca Testimonials: Your Lunch & Learn at Dofasco [Arcelor Mittal] in the past 10 years helped us to win the NQI [National Quality Institute] award and you inspired our employees on their wellness journey. Thanks. Bonnie Topic, Manager Employee's wellness program. Thanks for your insightful lecture at Honda. Amy Therrien. Thanks for your inspiring lecture & scans at Cameco, Saskatoon, Kelley Howe, Manager My blood sugar and blood pressure is now normal after 7 years. I am off all meds. Emily Caruso. We specialize in Stress Management, Prevention of Chronic Pain and natural/herbal remedies for the prevention of: Cancer, heart disease, stroke, Depression, ADD, Autism, Back Problems, Chemical Exposure, Sleep Disorders, Hypertension, Diabetes, Asthma, Arthritis, Fibromyalgia, Chronic Fatigue, Allergies & Asthma, skin disorders, weight management, antiaging, drug/nutrient interactions, vision problems, sports injuries and indoor air quality problems. We also monitor the progress of individuals within 4-6 months via live cell microscopy, mineral analysis. Blood test requested by physicians include: CBC 12 hours fasting blood test, HSCRP, Homocystein is highly recommended for follow-up. We evaluate basic blood pressure, blood sugar, 12 hours fasting blood test and initial employee questionnaire to establish a base line followed by reassessment every 4 months to document progress.

Our research shows that a good employee's health is essential for peak performance. Unhealthy workforces cost their organizations in reduced capacity and increased costs. The health program and business expenses of employee illness and disability are on the rise. At the same time, organizational instability, downsizing, and a maturing workforce increase workplace stress and stress-related illness. Our primary job is to show your employees how to reach their full potential by making proper lifestyle choices and helping them to optimize their performance. Did you know...

- Johnson & Johnson [JNJ-N] reported that it spends \$4.5 million each year on its comprehensive preventive health care programs but it estimates that without these programs their medical bills would be at least \$13 million higher!. Our Wellness Program will SAVE your Company \$\$\$ and keep your employees Healthy. Advantages of Lunch & Learn Seminars:

- Less absenteeism due to illness (by selective health prevention)
- Higher output by employees.
- Improved company atmosphere by an improved well-being of the employees.
- Increased creativity and improve problem's solving skills.
- Exhibits excellent social behaviour for management & staff. To arrange an initial consultation, please contact dgrant@rogers.com LunchLearn@dgrantwellness.com ; 416 562 3140.