



***WOW! You are really lucky...You have a high metabolism***

Wow! You Are Really Lucky can be an all day seminar or an hour workshop.

Deb teaches attitude adjustments, skills and food choices that enable participants to change their future and the future health of their kids. As an all day event, the day will be broken down into 7 segments:

Wow! Getting The Fire Burning!  
Ingredients 101  
The Skinny On Fats  
To Carb or Not To Carb  
Honey, I Poisoned The Kids!  
Super Foods For Super Humans  
The Pumpkin VS The Grape

At the end of the day your guests will be amazed at how much they didn't know that they didn't know about the foods they eat every day. They will leave the workshop fun, fast and healthy solutions to live healthy without dieting.

**Caution:**

When you incorporate these ***fun-fast-healthy*** living skills into your life, you will experience a profound improvement in health, spirit and attitude.

1 hour segments available choosing one of the above topics per hour  
or 4-5 hours for the entire seminar.

Presented by Deb Bixler, Healthy and Prosperity Coach