



**OLS Outreach**  
CORPORATE & COMMUNITY

OLS Outreach delivers cutting-edge programs to  
**Educate – Motivate – Maximize**  
the human potential.

Our goal is to give you the tools and the confidence to **OPTIMIZE** your own life experience.

## **OLS Corporate & Community Outreach Wellness Campaign**

### **WORKSHOP 1: Abundant Energy, Part 1**

This workshop is the first in a two part series. The primary focus of this presentation is on creating maximum levels of energy, simply and effortlessly. Attendees learn how to attain and sustain optimal levels of energy through dynamic breathing techniques, super hydration, simple and easy exercise principles, and through mental choice, usually completely overlooked by most individuals.

Attendees who apply these principles will feel more vibrant, alert and energetic everyday! They will experience an increased physical ability and enjoy the process.

#### **Don't miss this powerful presentation!**

Attendees will learn:

- A simple, easy and fun rhythmic breathing technique that significantly increases their levels of oxygen; the body's most important nutrient.
- The truth about hydration and its vital importance.
- The importance of moderate exercise to vital and vibrant health.
- How mental health can significantly impact optimal energy.

**Come join us and be a part of this very informative,  
fun and highly interactive experience.**