



THE SUPPORTIVE PATH TO LASTING WELLNESS

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Healthy Behaviors EATING FOR ENERGY AND VITALITY WELLNESS PROGRAMS are designed to create insightful and fun transformations through education, inquiry, and practical action steps.

**CREATE A CULTURE OF HEALTH**  
45-90 MINUTE WELLNESS  
WORKSHOPS

OTHER TOPICS AVAILABLE  
BY REQUEST

## WORKSHOPS

### **What's On your Plate? Keys to Living a Healthy and Energetic Life**

Are you suffering with poor digestion, aches and pains and a lack of energy?

Learn simple strategies that you can start now to feel better and to change your mindset about "what's for dinner".

### **Secrets to Living a Long and Healthy Life**

Discover the 9 steps that people in the world's healthiest communities do to live active, healthy lives well into their 100's.

As a nation, we spend \$2T/year to prevent chronic diseases.

Wouldn't you rather spend your hard earned money on having fun instead of medical bills?

### **The Sugar and Food/Mood Connection**

Sugar, just like some toxic human relationships, can be a struggle to let go of.

Sugar has many aliases and is a key source of many serious health issues. It's time to break free of fruitless habits and make changes to reduce cravings and prevent long-term disease.

### **Goals, Greens and Groceries**

Fact is that you can load up on delicious greens without concern for weight gain and get a great return on nutrients for increased energy and proper digestion.

Find out how to maximize your hard earned "greens" at the grocery store and how to extend the life of the produce you bring home.



ONCE I INCORPORATED HEALTHY EATING AND LIFESTYLE CHANGES, I LOST A LOT OF WEIGHT, BUT MORE IMPORTANTLY, I GOT MY LIFE BACK. NOW I WANT TO HELP OTHERS TO DO THE SAME. ”

### **Listen to your Gut**

"Your best nutritionist is your gut - you only need to learn how to listen"

Notice that when you step away from a problem, the answers become obvious? In this group format, you will avoid foods that are most likely to negatively impact digestion.

Then you will integrate foods back one at a time to gain key insights into what you need to feel your very best. (MULTI-WEEK PROGRAM)

### **Insights to Reduce Stress and Increase Personal Effectiveness**

When conflict arises, stress increases and digestion flares. It's difficult to do your best work under these conditions.

In this fun insightful program, you will become more aware of your own style and the style and value of others on your team.

Reduce stress by adapting and connecting to others in more insightful and mindful ways.

### **Become your most vital self at work and home!**

"Linda, founder of Healthy Behaviors, is an energetic coach and trainer with a passion for helping individuals, teams and organizations excel. She recognizes that support, taking a breath, and discovering your "had enough" moment are the keys to long lasting transformation and health.

Linda graduated from the University of Hartford with her Bachelor's Degree in Management, earned her Health Coach Certification from the Institute of Integrative Nutrition and brings thirty years of corporate experience to her Healthy-Behaviors Business.

She is also a Center for Creative Leadership Certified 360°Feedback Facilitator and an Insights Discovery® Licensed Practitioner.

Her unique combination of corporate and health coaching experience along with her own health transformation helps her to relate to the needs of her clients and to offer practical solutions that fit each individual's unique situation and goals.

**Ready to Begin your Journey to Wellness?** Contact Linda to discuss your needs and how she can help you attain your wellness goals and strategies for Success.