



Choose Health
Eat Well
Get Moving!

Wednesday, September 17
12 pm - 1:30 pm
Room A – 2nd floor
PAHO/WHO

Refreshments will be served after session



**Suzie Carmack, PhD, MFA, Med
Instructor and Founder
CenteredBeing**

Join over 17,000 people from 89 countries who have learned how to...

Fight Stress & Sedentarism with CenteredBeing!

*In this Fun Interactive Workshop You Will
Learn:*

How to bring **Movement** into your day
(when you are stuck in an office chair)

How to bring **Mindfulness** into your day
(when you are stressed by a busy agenda)

How to bring **Meaning** to your life
(through our easy-to-follow method for
positive self-coaching & improved
communication)

Don't Let This Happen To You!

