



LUNCH & LEARN WORKSHOPS

EMPOWER YOUR TEAM

We can provide a free lunch when requested, and an exact head count is given two days prior. These workshops are known as “Lunch and Learns” because they are done during the lunch hour.



Queen City
HEALTH CENTER



OPTIMIZING WELLNESS: WORKSHOPS BY DR. LOVELESS

1. Women's Health Find out the most up to date research on women's health. During this workshop learn how to improve the longevity and improve gender specific topics like thyroid problems. Dr. Loveless will show you natural ways to avoid hip fractures and osteoporosis, and all natural anti-aging remedies to use in your daily routine. Our gift at this information session will be techniques to help you look & feel younger!

2. Headaches Dr. Loveless is known as a headache specialist and enjoys teaching people how they can avoid having terrible headaches in a medicine-free environment instead of trying to cope with the wear and tear they put on your body. Even one headache a month will equate to almost two weeks of your life every year being lived in unnecessary pain. We have the solution to 90% of all headaches! We will decode your headaches, classify them, and show home remedies you can implement right away!

3. Stress Resilience Stress is also know as the "silent killer" and is the number one trigger to heart attack. Heart attacks kill more Americans in the United States than any other disease. Learn how to avoid the initial start to a heart attack and heart disease overall with this all important lecture.

4. Nutrition / Weight Loss This workshop explains the proper methods of combining appropriate food groups for optimum digestion, maximum energy and also, if sensibly applied, will result in weight loss for those that need to shed some extra pounds. He also uncovers the secrets to fueling your immune system and eating to decrease your risk of cancer! This is a rare lecture in that we will actually show you how NOT to become a patient of any Doctor.

5. Healthy Living to 100 You can learn how people are living longer and with a better quality of life. During this workshop Dr. Loveless will apply the techniques he uses with pro athletes on improving quality of life and will apply them to the "corporate athlete" like you. Learn how to live without any limits. "Live Like You Mean It!" This is Dr. Loveless' favorite workshop.