



## SIX POSSIBLE SHOW/STORY IDEAS

**Making Health A Core Value** - "Wellness is about living a conscious life in line with our values. When health is a core value, everything around you must reflect and support health. Judy believes its time to shift our conversation about health into one in which women reclaim and redefine health, beauty and balance as values that are expressed through everyday lifestyle choices. Concrete tips for making health a core value. The results? Lifestyle choices become clearer and easier.

**Six Ways to Live Well** - We all want to live well. But stress and life challenges can get in the way of optimal living. Consider Judy for a weekly or monthly segment in which she shows your audience how to live well, using her six, simple principles for mental, emotional, physical and spiritual health.

**Wellness: A Spiritual Path** – Our efforts to live well are often disconnected from a deeper purpose—the highest and healthiest expression of ourselves. When we make this connection, wellness becomes a lifetime practice of self-discovery and personal empowerment. Drawing on her personal experience with depression and burnout, combined with her own study of spiritual philosophy and work with other women, Judy helps audiences redefine wellness. From eating right to exercising to healing old emotional wounds, she makes it clear why wellness is a path toward wholeness and optimal living.

**Conscious Living Movement** - The increased interest in alternative health, organic foods and green living is largely a response to a growing number of women who are using their values as signposts for the world they wish to live in. Who are these women? What do they want? Judy has the answers.

**How to Honor Your Body** – We are given one body to carry us through this journey of life. How can we take better care of it? Judy offers mind-body exercises to tune into the wisdom of your body and start making choices that support your body's natural inclination toward health and balance.

**Stress and a Woman's Heart** – Heart disease is the number one killer of women. Besides diet and exercise, research shows that stress is a major contributor to poor heart health. Judy makes the link very clear: stress is bad for a woman's heart! Judy's two-step plan for alleviating stress will help your female audience members simplify their lives and learn how to relax.

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