

DYNAMIC CALM™

DYNAMIC CALM™ stops stress damage—the main causal risk factor for illness. Learning the skills in this training module saves money, prevents 60%-90% of doctor visits, and reduces sick days by 50%.

FEEL CALM AND STOP STRESS IN SECONDS:

- » Clear your mind instantly to focus better
- » Physically relax and sleep well
- » Prevent ALL stress symptoms for life without pills

DYNAMIC CALM™ MAKES HEALTH A LOWER COST PRODUCTIVITY DRIVER:

- » Discover the ROI of focus—re-gain three weeks of productivity (30 minutes a day) per employee that is currently lost from lack of focus, as a result of stress
- » Learn the new competency—how to translate physiology into financial strategy
- » Start PRODUCING HEALTH—the proactive solution

GAIN YOUR TWO HEALTHCARE SYSTEM NEEDS:

1. Healthy people to work
2. Lower total illness costs

SCHEDULE YOUR *NEEDS DISCOVERY CONVERSATION*:

- » Visit thestressfix.com/services
- » Call (804) 616-5053 or email info@TheStressFix.com

Jumpstart your New Year's resolutions and make 2018 stress-free by learning today's #1 health ability:

**SKILLS,
not
PILLS.**

Enjoy body/mind health for top performance.

**YOUR
BODY
will
LOVE
you!**



Meet Stress Specialist **ROBERT SIMON SIEGEL, MS**. Robert developed these functional health skills for THE STRESS FIX and PRODUCING HEALTH over 25 years in hospitals and medical centers. His clients have included a sitting Governor, CEOs of multi-national corporations, police chief, physicians, nurses and people from all walks of life. His wellness trainings have helped clients like: Chevron USA, Inc., TRW, NBC, Port of Seattle Police Department, Washington Athletic Club and King County, WA. A selected speaker at the 2008 & 2010 National Wellness Conferences and author of *Six Seconds to True Calm: Thriving Skills for 21st Century Living*, his articles have appeared in a wide variety of publications like: *CAPITAL: Business & Finance Magazine* and *QI: The Journal of Eastern Health & Fitness*. When not playing Afro-Cuban rhythms on his congas, Robert trains individuals and provides wellness trainings for companies who want lower lost time & healthcare costs. Visit us at www.TheStressFix.com.