

The Wellness Balancing Act Workshop

Have you tried all the diets, exercise programs and fads in an effort to maintain a healthier lifestyle? Do you find yourself wondering why they still haven't worked; why **nothing seems to help**, no matter what you do? Do you feel like you need a translator just to understand what some of the health and fitness companies are saying?

If you are looking to achieve **better health, increase your energy and vitality and cope with your busy life**, you can stop searching! Dr. Nathalie Beauchamp can help you be on your way to reach these goals and maintain a healthier lifestyle.

As the co-author of the book, *Wellness On the Go: Take the Plunge – It's Your Life*, and creator of the successful on-line, self-paced coaching program, Roadmap to Wellness, Dr. Nathalie has the experience and tools you need to **stay motivated and achieve your goals!**

Through this workshop, she will share with you easy to implement tips to simplify and decipher the overwhelming amount of health information out there. You will learn how to stop teetering on the edge and find a simple balance to keep you feeling healthy, happy and sane!

So what are you waiting for? Take the Plunge! Sign up for the workshop today!

[Dr. Nathalie Beauchamp, B.Sc., D.C.](#)

Dr. Nathalie Beauchamp, B.Sc., D.C. is a chiropractor, a certified personal fitness trainer, a professional natural bodybuilder, television personality, a wellness consultant and lecturer and the co-author of the book - *Wellness On The Go: Take the Plunge it's Your Life!* Dr. Beauchamp is also the creator of an on-line self-paced wellness program called Roadmap to Wellness, which is designed to help people integrate better lifestyle choices for greater health, energy and vitality.



www.DrNathalieBeauchamp.com
www.BeauchampChiropractic.ca
www.RoadmaptoWellness.com



dr. nathalie
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