

CLASS 1: PROACTIVE BEHAVIORAL HEALTH

THE UPSTREAM WORK-LIFE BALANCE APPROACH

CLASS 2: ADVANCED PROACTIVE BEHAVIORAL HEALTH

*BUILDING HEALTHY PHYSICAL & MENTAL HEALTH
HABITS*

CLASS #1: Take the First Step Toward Total Wellness

Dr. Donnie's engaging workshop is designed to help you thrive both at home and at work. Using a whole-person approach, this class focuses on improving family relationships, physical and mental health, and personal effectiveness. You'll explore the foundational principles of proactive behavioral health and learn how small, intentional changes can lead to greater resilience and success.

Backed by evidence-based research, this interactive experience includes group discussions, hands-on activities, and a personal workbook. You'll leave with a practical plan to better align your daily actions with your life's top priorities.

CLASS #2: Deepen Your Growth with Advanced Strategies

Building on the foundation of Class 1, this advanced workshop dives deeper into your daily routines and their impact. We'll explore the concept of positive and negative *spillover*—how behaviors in one area of life affect others—and identify habits you'd like to change.

You'll learn proven strategies to replace unproductive behaviors with healthier habits that support long-term wellness, stronger relationships, and improved job performance. Whether you're returning for a second workshop or jumping in for the first time, this class offers powerful tools for anyone committed to personal and professional growth.

Which Workshop Is Right for You?

- **First-time attendee?** Start with Class 1 for the essential framework.
- **Returning participant?** Class 2 is the perfect next step.
- **New or returning—everyone is welcome and will benefit.**



DATE:

Sat. April 26, 2025

TIME:

CLASS #1: 0900 - 1130

CLASS #2: 1300 - 1530

CONTACT FOR SIGN UP:

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LOCATION:

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TRAINING QUESTIONS:

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