



Aren't you ready to live the life you've always want to live?

We are your destination for creating real and lasting changes in your life but only if you're ready. Wanting is an infinite state. CHANGE is a CHANGE state. Put on your Big Girl/Big Boy "Journey" ruby red slippers and let's get going.©

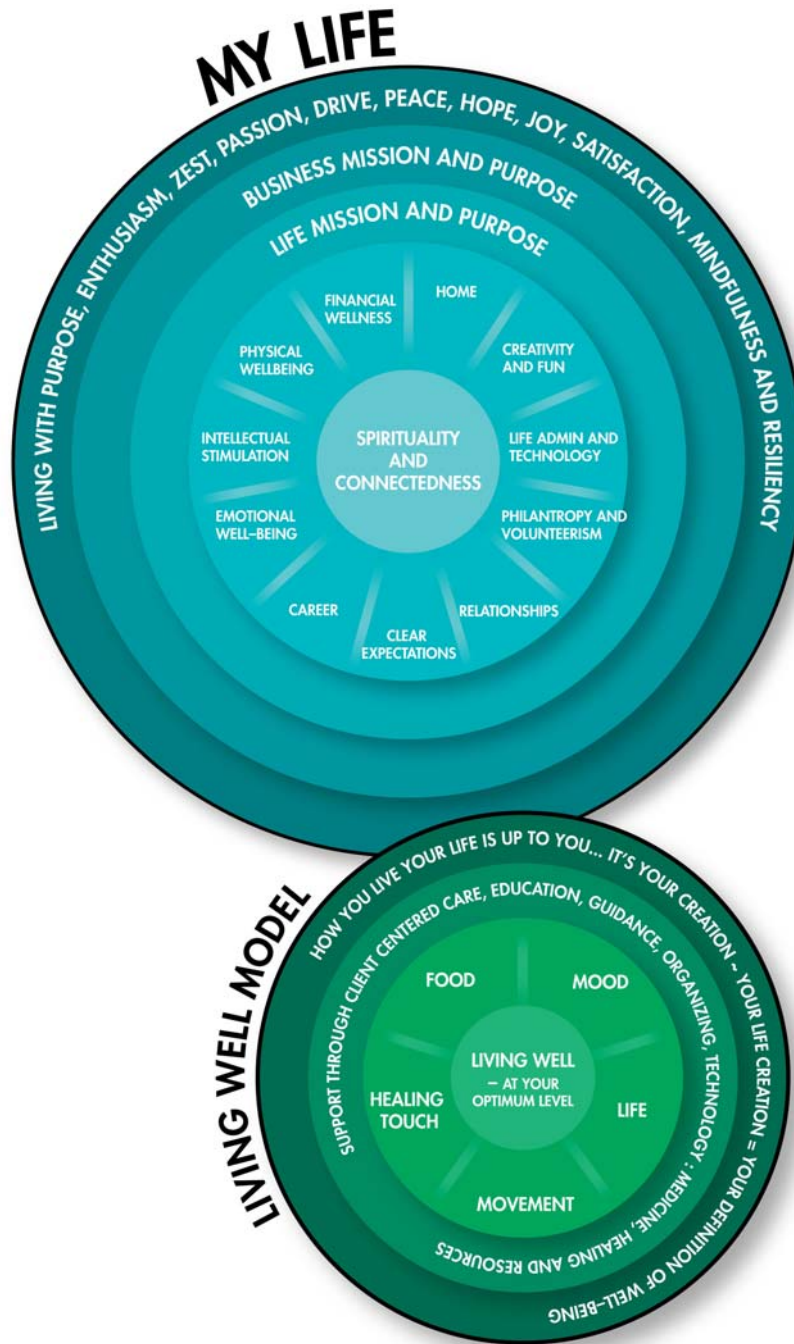
Living Well Dallas was founded to create a dramatic shift in people's lives around health, balance and fulfillment. We accomplish this task through comprehensive individualized programs that respects peoples own innate intelligence and wisdom while encouraging growth beyond their wildest dreams. We believe the body, mind and spirit are a whole and optimum health and balance can only be achieved by addressing and uniting the physical, mental and emotional bodies together – living with soul. Also, we believe it also important to devote time and energy to working on the environmental, spiritual, social, financial, career and philanthropy wellness areas of their world too. From our eyes, balance is more of a process than a static, achieved state; we may be gaining then unraveling, repeating, exploring, learning, growing and doing this process over and over again throughout our lives. So, our work with our clients is streamlined by using the vehicles of FOOD, MOOD, LIFE, MOVEMENT and TOUCH. These five areas, when given energy and attention, make for a fulfilling life.

Our paradigm is built on utilizing the most cutting-edge diagnostic tools and techniques while integrating new life habits, thinking practices, foods, and nutraceuticals over a period of time to allow for integration of the changes on a cellular and personal level. True wellness cannot be achieved in a single one-hour session but is gained through honoring the individual while adding incremental enhancements to their daily lives based on their level of readiness.

At our center, we offer individualized comprehensive **Experience Living Well™** programs developed just for the individual, couples, families or groups. We have expertise in professional organizing, concierge services, nutritional counseling, nutraceutical interventions, business coaching, traditional counseling, hypnotherapy, hormone management, physical movement & training, energy work and healing massage.

We offer these services through individual/couple/family sessions, group lectures, seminars, workshops, support groups, corporate programming, community outreach such as health fairs and speaking venues.

Living Well Dallas' team has also inspired thousands of people to be more balanced, be more productive and energetic, more passionate, more focused and goal oriented about their careers, through targeted corporate or organizations productivity and wellness programs. Each team member has an extensive history of consulting, marketing, training, teaching, speaking and coaching that can make a dramatic improvement in employee attitude, attendance, productivity, satisfaction and overall health status.



LIVING WELL
 :health & wellness center:

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⇒We invite you to take a deeper look at our mission, vision, goals and guiding beliefs on the next page or continue on to meet our Living Well Dallas Team members.

What is Living Well?

We have created a place where you will learn how to make lasting changes in your food, mood, movement, life and healing touch. We believe this center is unlike any other place in Dallas; many have waited a long time for a client-centered integrative practice that addresses all of your needs.

V i s i o n . F o o d . M o o d . M o v e m e n t . L i f e . T o u c h .

At our center, we're serving up a revolutionary model to create and support a fulfilling life - yours. Our team's desire is that you live the life you that makes sense for you and we're going to support you through all of the stages of change. We can provide you with the life tools and guidance to make it happen.

Our focus is to provide an integrative model where you see all of your practitioners under one roof with one-stop healthcare shopping. We work as a team to help you to cook up your plan of action. We can work with you in person, on the phone, and in your place of residence or business.

We understand that your life adventure can offer up uncertainty, chaos, challenges, trauma, drama, joy, happiness, contentment, fun, laughter and purpose. We'll stick with you through all of it. We think that you are the chef of your own life and we're the cookbook; we facilitate a recipe that fits your needs, but you can plan it, create it, experiment, display, and go back for seconds if it works for you.

Serve up your own blue plate special of life based on your own wonderful values, beliefs, goals, lifestyle, learning styles, and important relationships. Make your life delicious and quench your appetite.

. M i s s i o n .

We will be the Leader in Health and Wellness Services for Women, Men and their families, and in their personal and professional realms. We will build a unique integrative menu of service packages to provide women, men and families with a variety of targeted interventions to assist them in gaining optimum living and well-being through processing and behavior change: Guidance, Education, Professional Organizing, Medicine, Healing, Tools, Resources and other resources unique in the marketplace.

. C o m m i t m e n t .

We will always commit to provide quality, professional client-centered care with the highest standard of ethical practices, cutting edge research and compassion.

. Support .

We support our clients through:

Education	*	Individual, Support Groups, Workshops
Guidance	*	Coaching, Consulting, Mapping & Counseling
Organizing	*	Space, System Development, Concierge & Technology
Nutrition	*	Functional Medicine, Supplementation
Medicine	*	Anti-aging and Natural Hormone Balancing
Healing	*	Breathwork, Creativity, Moving & Healing Touch
Tools	*	Assessment, Diagnostic, Organizational, Financial, Technological,
Relational Resources	*	Community, State, National, Web, Books, & more

. Guiding Beliefs .

Each person's body, mind & spirit will respond differently to food, supplementation, medication, movement, breath and touch in his/her own way. We call this BIO-INDIVIDUALITY.

Genetics and family history are important to know, understand and dispel.

There is a time and a purpose for reality and a time and a purpose for fantasy regarding your health and well-being.

We need others to help us explore this amazing territory and Journey of the SELF.

Lifestyle is a huge influencer of health status. Are you single? Dating? Married? With kids? Kid free? Divorced? A business owner? Work for someone else? Taking time to express yourself?

Learning Styles affect the daily choices made in life and how you interpret your world (Gotta see it, Gotta touch it, Gotta talk it out?)

Seeking the truth about yourself and becoming authentic for you.

There is an appropriate time to drop the masks that you are living behind when it no longer serves you in your life.

Your gifts and talents are needed by the world so let them out.

You have the power to deal and heal the symptoms, gashes, rashes, and purple bumps that hold you back from leading the life you are meant to live.

With a little bit of patience, creativity and elbow grease, you too can create a delicious life to experience all of your five and senses, your body, your mind, your spirit and deep relationships with others

Change is ALWAYS possible when you are READY and WILLING.

⇒See our next page for a shortened list of our Lecture, Workshop and Retreat Topics

LECTURES . WORKSHOPS . RETREATS .

Our team presents nutrition/wellness lectures for executives, employees and the general public who want to improve their health and well-being as well as performance by learning how to eat healthy, reduce their stress, and integrate self-care into their daily routines. We can also provide comprehensive wellness programs. Contact us to find out how we can help reduce your costs, increase productivity and improve employee absenteeism.

Our team has supported employees and members of organizations such as The Container Store, Caldwell Banker, Frisco Chamber of Commerce, Mothers of Multiples, Surya Yoga Center, and many, many more.

No two seminars are the same, because the presentations are customize for each audience!

SAMPLE LECTURE, WORKSHOP, RETREAT, AND GROUP TOPICS

- How to Really Have Work-Life Balance – Balance 101
- Deconstructing Food Cravings: Why Do Chocolate, Bread, and Chips Have Such a Hold On You?
- You Don't Have to be Superwoman to be Healthy: The Art of Guilt-Free Self-Care
- Fats, Get the Skinny on Good Fats and Bad Fats
- Eating For Success: How to Use Food To Improve Your Work Performance
- Health and Self-Nourishment for Women
- How To Avoid the Winter Blues
- Smart Nutrition for Busy Executives
- Spring Cleanse Your Body, Mind, and Work Environment
- Sugar Blues: Your Fail-Proof Plan for Conquering your Sweet Cravings
- Surviving the Holidays without Gaining Weight or Going Crazy
- Hot Moms! Command Central
- Get Control of Time Rather than Time Controlling You - Getting Things Done with More Leisure Time
- Creating Your Life Mission Statement
- Cars Live Here – The Garage Workshop
- Developing Systems to Improve Productivity
- Strategic Planning 101
- Don't Agonize Organize!
- Get HOT! With Paper!

Don't see the topics of your dreams? Contact us and we can custom create your ideal health, wellness, get it together, motivate, laugh and educate presentation. Your wish is our command. We can and do deliver!

THE LIVING WELL TEAM



Betty Murray, CN, HHC, RYT
Living Well – CEO, President
Nutritionist and Holistic Health
Counselor, Register Yoga Teacher

Betty Murray founded Living Well Dallas to create a dramatic shift in people's lives around health, happiness and fulfillment

Betty's focus is on **Bio-Individuality**; each person is unique. There is no perfect way of eating that works for everybody. Every body has its own chemical makeup and needs. Health is accessible through intuitive eating based on the individual knowing that one person's food may be another's poison.

Betty's practice also recognizes that a person's relationship with nutrition and food is affected by other factors that supersede the food. Our relationships, self-esteem, exercise, sexuality, spirituality and career can be a catalyst for health or imbalance. The more satisfying our life is, the less we'll depend on food to fill a void. This is true life changing holistic nutrition integrated with the best technology nutrition has to offer.

Betty recognizes that food, metaphorically or specifically, is the components that make up your cells, body tissues, emotions and thoughts. If you feed the body high quality, best fuels – both nutritionally and metaphorically, your experience is a high-quality creation of your best possible self. So, we start from the inside-out, working with the crowding out theory – good quality things will crowd out the less than desirable things. This makes for an exciting journey.

Betty wants you to get the most from your health is vital to the quality of your life. You only have this one vehicle – your body and it only has a lifetime. The quality of that lifetime can be largely up to you. Most of the current diseases facing Americans today are diseases of lifestyle and affluence. So, largely, lifestyle changes will have the greatest possible affect at reducing your risk of developing heart disease, cancer and diabetes. Betty takes your own bio-individuality, preferences, lifestyle and desires in developing changes that work for you based on your level of readiness. It is not a food plan, not a diet and not a one-size fits all .

Betty is a board Certified Nutritionist and Holistic Health Counselor with the American Association of Drugless Practitioners and a Register Yoga Teacher with the

Yoga Alliance. She has studied at the Institute of Integrative Nutrition, American Health Sciences University and has studied Auyurvedic Medicine in India in the summer of 2006.



Jenny Bair, MHE
Living Well – COO
Life Management Educator and
Professional Organizer

Jenny Bair, The Inner Organizer, improves the lives of her clients as a Professional Organizer, Lifestyle Counselor, Educator and Personal Motivator. With over 15 years experience she has helped her clients to create change – lasting change – to get their lives in order according to their goals and dreams.

Jenny will help you to organize your life “from the inside out” by working with your learning style, personality type, lifestyle, family/work dynamics, dreams and desires. Within her organizing business she focuses on the broad and the minute of creating divine order in TIME, SPACE and LIFE because she understands that space issues are not usually based in “space issues” but other areas of a person’s life out of balance or needing tweaking. Looking at time management, ADD/ADHD, traumatic life events, disconnectedness from self and others, illness, marriage and financial challenges will be a gateway into making the right plan of action to create not only the dream space in terms of aesthetics, functionality, but customized to a person’s learning, living and working style/s. Jenny marries, education, lifestyle counseling and coaching, behavior change theories, interior design principles, home staging and the latest professional organizing tips, tools and resources into working with her clients to achieve a result more than what they knew that wanted or expected. It has always been her philosophy and motto to clients to “Work with yourself and not against yourself.”

Jenny creates a personalized Life/Business Strategic Plan through a unique, and powerful, process referred to as “Mapping Your Life©” the result being Life Art©.

She brings the large art pad and colored markers and asked pointed questions directed at your goals for the session. You draw and write out your answers on the page which engages all of your learning styles: auditory, visual and kinesthetic. It helps to put to rest the sub terranean brain chaos that lives in most brains. This process actually unlocks the transparent beliefs that hold one back and the habitual thinking and behavior patterns that might sabotage your goals. Through this comprehensive assessment, intervention and discussion your personalized Big Picture of Your Life is created. The next step is to design your personalized homework

assignments, plan for change and Life Schedule©. The synergy between mapping and organizing is amazing and leads clients to all of their goals and dreams instead of just wishing and wanting.

Jenny is involved with the organizing scene nationally and locally...Jenny joined the National Association of Professional Organizers in 2001 and became an official professional organizer even though she had been organizing for years before which she credits her mom and grandmas. She played an active role in making the informal group of organizers into forming a NAPO chapter in the DFW Metroplex in 2002-03. During the first year, Jenny acted in the role of Education Director for the chapter, took one year off, then ran and became President of the chapter from 2005-2006, and now sits as the Past President on the Board and is the Conference Logistics Chair which is a huge undertaking for the first regional conference to be held in DFW in 2007. She believes in community involvement and education between the organizers and the public and creating lasting relationships between the organizers which is vital to make this field strong and cohesive. Jenny has also pushed the traditional model of a one woman organizing show by soliciting referral partners and other organizers in the community to create a quick change for individuals in their organizing process. She is a huge advocate of using a team to make the client's goals come to fruition sooner and make them feel like they are having success sooner.



Milinda Morris, MD, FACOG, DABCN

Living Well – Medical Director

Dr. Dr. Milinda Morris helps women and men dealing with weight management issues. This includes: hormonal balancing, nutritional deficiency evaluation, metabolism and bio-identical hormones.

Following her graduation from The University of Texas, Southwestern Medical School, Dr. Morris completed her residency at Texas Tech in Odessa, Texas. She is a native of Dallas and is married with six children and twelve grandchildren.

Dr. Morris is a board certified Obstetrician and Gynecologist with over 5 years of experience in hormone balancing with bio-identical hormones. After seeing so many of her patients on anti-depressants with little to no relief of their symptoms, Dr. Morris knew there had to be a better way to improve women's emotional and physical lives. At Living Well, she has focused her practice on two main areas of women's health: hormone balancing and Neurotransmitter balancing - two key areas that affect your ability to feel well and be well.

Dr. Morris has extensive training in managing hormones and neurotransmitters. Many women suffer mood disorders even with anti-depressant therapies. Dr. Morris uses state of the art

testing to determine neurotransmitter and hormone levels. She then uses a natural approach to bring them back into balance. As a cornerstone of health, both of these systems can dramatically improve your sense of wellbeing, mood, weight loss and the body's ability stay healthy.



Royce Jones, M.Ed., LPC

Living Well / Executive Coach

Royce Jones is an executive and productivity coach with over 15 years of experience facilitating her clients achieving their career and personal goals.

After 15 years in a corporate setting, Royce left the corporate world to get her masters in Counseling. Through the coaching and her work with individuals, Royce began to see first hand the effects of prolonged stress on the body and spirit. Royce pursued further studies in maximizing individual potential and graduated from Corporate Coach University International, an International Coach Federation-accredited institution.

Royce blends her common-sense coaching approach with her experience in behavioral change to help people achieve goals that positively impact their jobs and lives. Royce believes that we really can have it all, just not all at the same time.

Clients, who work with Royce, reap the benefits of her years of successful corporate experiences in higher education, healthcare and the hospitality and technical industries. In addition to career development counseling, Royce has made a career of designing, facilitating and implementing strategies to help make employees' and managers' jobs easier.

Her education includes a Bachelor of Science in Training and Development from Grand Canyon University, a Masters in Counseling from the University of North Texas and she is a graduate of Corporate Coach University International. In addition to her education, Royce is a Licensed Professional Counselor in the state of Texas.



Suzan Perez, MA, RET

Living Well - Rapid Eye Technician

Suzan learned of the powers of energy work through her own path of healing using several energy clearing modalities: EFT, Rapid Eye Technology and Reiki. She learned that the emotional experiences in our lives contribute to our ill health and dis-ease through creating imbalances in several of the body's energy systems.

Suzan spent 10 years as a classroom teacher. Through that medium, she experienced the power of education. In 2003, Suzan shifted her focus from public school education of children to educating women and their families to help them live a more connected and vibrant life.

Suzan now uses Rapid Eye Technology and Reiki together to rebalance the subtle energy systems to uncover the sacred within each person. Once layers of trauma, stress and dis-ease are peeled away, an individual can see their true, originally perfect selves more clearly. Once that vision is restored, once you begin to see and remember who you really are, you will begin to make choices for your life based on this truth, not the experiences and perceptions that have covered YOU up for so long.

Suzan's goal is to bring this gentle and empowering form of healing to women and their families through the collaborative efforts of Living Well Dallas.



Sara Osterhaus, MA, LPCI
Living Well - Individual and Couples
Therapist Professional Coach

Sara Osterhaus, counselor and coach, provides her clients with a unique approach to healing and growth. Through through the ups and downs of life, Sara helps people realize greater fulfillment in their lives and their relationships.

Often times, life isn't what we expected. We find ourselves stuck in careers or lifestyles that don't inspire us any longer. We lose ourselves in the daily grind. Infertility may throw us for a loop. As couples, we struggle to stay connected, to communicate effectively and kindly, and to navigate the often messy field of marriage. Sometimes, even with the best of intentions, we have to face the devastation of divorce and the difficult journey back to health and peace.

Sara holds a Master's degree in Counseling Psychology from **Dallas Baptist University and completed her coach training with Results Coaching Systems. Sara utilizes a solutions-focused approach to coaching, mixed with a bit of humor - and is passionate about helping others succeed.** When working with individuals and couples in counseling, Sara approaches situations from an approach that blends family systems theory, cognitive theory, and a solutions focus to achieve truly lasting change.

Sara balances her corporate career of coaching and teaching with her private practice. She is happily married to her best friend, a stepmother two beautiful young ladies, and the privileged mom of two precious dogs. God, a good cup of coffee, a walk with the dogs, and a long conversation with her husband, are the anchors of Sara's life. She is a member of the American Association of Marriage and Family Therapists, and is licensed by the Texas board of Licensed Professional Counselors and is actively involved with the International Coach Federation.



Jandy Chambers, PC
Living Well – Professional Coach
Grief and Intimacy

Jandy Chambers, Author of Grief As I Know it, utilizes her personal life experience to connect with her clients and empowers them towards positive change. Her interactive coaching style assists her in connecting with others quickly, allowing open and honest dialogue that moves individuals through major life changes. Jandy coaches others through grief, intimacy and personal relationship issues. As a client, you will know that she understands feelings and knows the trials and tribulations of major life change.

In her book, Jandy shares the unbelievable journey when beginning at the age of 26 she lost her mother, father, sister (AIDS), grandmother, aunt and went through a divorce in a 2 ½ year period. At the age of 34 she lost her last family member, her brother to cancer. One year later, she went through cancer herself. These are the unbelievable trials Jandy Chambers had to embark. Her book takes you through her experiences as she explains to the audience the healing techniques she used to not only get through the pain, but turn her experiences into a life changing, positive experience.

Jandy is also an experienced Public Speaker as well as Corporate Trainer, having spoken at many locations including Zig Ziglar Corporation and Barnes and Noble. Refusing to let her trials get the best of her, she uses her experiences to promote her positive attitude and strength as she helps others process and cope with their own adversity, grief, intimacy or relationship issues.