

LIVING WELL

: health & wellness center:



Living Well Health and Wellness Center was founded to create a dramatic shift in people's lives around health, balance and fulfillment. We strive to be the leader in Health and Wellness Services for Women, Men and their families; in their personal and professional realms. We offer a unique, integrative menu of service packages to provide women 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. Our work is streamlined by using the vehicles of FOOD, MOOD, LIFE, MOVEMENT and HEALING TOUCH. These five areas, when given energy and attention, make a fulfilling life.



Betty Murray, CN, HHC, RYT
CEO, Living Well Dallas, Inc.
Certified Nutritionist &
Holistic Health Counselor



Jenny Bair
COO, Living Well Dallas, Inc.
Life Management Educator &
Professional Organizer



Milinda Morris, MD, FACOG
Medical Director
Women's Wellness &
Hormone Management

Living Well Dallas Team



www.livingwelldallas.com

She said...

SHE needs a CHANGE in her life.

SHE wants to wake up feeling great again.

SHE wants more meaningful relationships.

She said she wants to know herself again. As a professional, a mother, a wife, a mentor, a friend and a daughter, she has lost the girl she was and the woman she wanted to be. If you look in the mirror and wonder, "Who is that woman?", you are not alone. And, you can change not tomorrow but today.

She does it, we do it, and maybe you do it too: watching and wishing that you were the one on the makeover shows spotlighted and pampered. We all watch TV shows with envy about transforming ourselves with clothes, hair and makeup. The opportunity to go much deeper can be yours; imagine transforming yourself from the inside out. You will radiate and become even more captivating.

The practitioners of Living Well Health and Wellness Center have more than 120 years of combined experience to guide you through the process of becoming the woman you want to be and achieving your full potential.

Living Well offers a unique approach to health and wellness. Our integrative menu of services provides our clients with a variety of targeted interventions to assist in gaining optimum living and well-being through processing and behavior change. We believe there are five areas of life that when given energy and attention, create personal fulfillment: Food, Mood, Life, Movement and Healing Touch.

Our customized life makeover solutions will transform your life by bringing balance in mind, body and spirit. The following services are currently available at Living Well.

- Bio-Identical Hormone Therapy
- Weight Loss Therapy
- Mental & Physical Space Organizing & Cleansing
- Natural Depression Intervention and Therapy
- Natural ADD & ADHD Intervention and Therapy
- Life Passion Development
- Motivational Life Coaching
- Intimacy Coaching
- Grief Counseling

* Mention this article and receive our Life Assessment & Journey Back to Self Evaluation for \$300 (\$550 value). This four-hour comprehensive life and health evaluation and life transformation plan includes:

- Metabolic Analysis. A complete analysis of the following: Nutrition, Toxicity, Digestive & Immune Function
- Life Self-Test of 12 areas, including stress, creativity, connection, joy, and living with purpose