

Help the Whole Family be Healthier and Happier with *Being Your Best*™

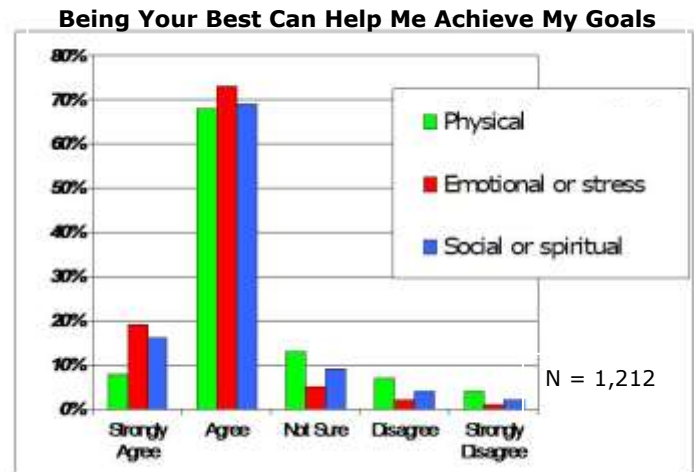
*The same steps that can help Grandma at 77,
can also help her 47 year old daughter and her 17 year old grandson.*

Over a thousand people agree that *Being Your Best* can help them reach their goals (see graph)

You, too, can help your family with a program that's been honored by:

- *AARP's Social Impact Award* as a "simple eldercare program that 'bridges the silos' of medical, emotional and spiritual care."
- The *National Award for Excellence in Quality Management* (from the American Managed Care Review Association) for demonstrating that the same program could help:

- Teens and their parents to manage stress, exercise more and eat better
- Seniors to control diabetes and high blood pressure, while managing stress



Being Your Best Workshop Evaluations: 2004 - 2008

Find Happier Endings to Your Family's Stories



Most people learn best from stories, rather than lectures or health education pamphlets.

What I Wish I Knew offers 11 stories about elders, adults and youth trying to be their best - to engage families in finding happier endings to their real life stories. Worksheets, discussion questions and self-tests are included to provide an **interactive experience**. (56 pages with 28 professional references)

This "discussion starter" is the centerpiece of *Being Your Best*. This well-researched program is designed to:

- reduce caregiver burnout and
- enhance family cooperation
- improving health and the quality of care – especially for the 90 percent of the elderly who live at home without little or no professional supervision.

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[Click here to read an excerpt](#)

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Learn *What* You Need, *When* You Need It and *How* You Need It

The Being Your Best CD allows each family member to **choose what you need to know** when you need to know it.

Videos, interactive quizzes, stories and discussion question **encourage many learning styles**, while 50+ printable pamphlets provide needed information.



Use the CD for help with any topic.

[CLICK HERE TO ORDER THIS CD](#)

Click [here](#) to see sample feature

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Each Generation Can Help the Others

Everyone can help each other when three generations (e.g., grandparents, parents and teens) learn to:

- Use this "Plan for Any Problem" to reach individual goals for health and happiness:
- Use these "Satisfaction Skills" to communicate, manage stress, feel more love and find more peace of mind through:
 - Awareness
 - Affirmations
 - Assertiveness
 - Acceptance
- "Connect Your Care " to work more closely with each doctor you visit



Send this to a friend, family member or other caregiver.

For more information, please visit: www.BeingYourBest.org