



## 12 Reasons Why *Lifestyle Matters* Seminars are Unique

1. *Lifestyle Matters* programs use a whole-person wellness approach emphasizing mental, physical, and spiritual health.
2. *Lifestyle Matters* programs are scientifically sound and fully referenced in peer reviewed scientific journals.
3. *Lifestyle Matters* materials combine practical steps for lasting success with God's love and power to change lives.
4. *Lifestyle Matters* programs are short and concise, easy to host, and convenient for busy schedules.
5. *Lifestyle Matters* programs are inexpensive to conduct and attend.
6. *Lifestyle Matters* programs can be purchased as editable power points to tailor presentations.
7. *Lifestyle Matters* programs are adaptable for all size groups from one-on-one outreach, to one-session meetings, classroom style education, supper clubs, and professional presentations.
8. *Lifestyle Matters* seminars are designed to promote personal interaction using a variety of tools including scripted, editable Power Points; interactive breakout sessions, live nutrition features; handouts, workbooks, and multimedia presentations.
9. *Lifestyle Matters* meetings help you create an atmosphere for lasting friendships.
10. *Lifestyle Matters* programs are complimentary to other meetings and health intervention programs.
11. *Lifestyle Matters* materials including books, tracts, and magazines, can be purchased to resell them at your meetings, which helps fund meetings.
12. Seminars Unlimited has partnered with *Lifestyle matters* to provide top notch marketing and advertising materials to successfully promote your event.

## Conduct Your Own Seminar - Easy Steps for Getting Started

Conducting your own ***Lifestyle Matters, Balanced Living, or Living Free*** seminar is a unique, rewarding, and exciting experience. Your seminars can be held for large or small groups, or in formal or informal settings. The following steps will help you get started:

1. Check out the options available under **Free Resources** and in our **Store**.
2. Purchase or Download the Presenter's materials of your choice. They can be used in any sequence or as stand-alone programs.
3. Read the section in the Facilitator's Guide that covers how to plan your program.
4. Choose your helpers, and have your team familiarize yourselves with the materials . You may print each team member a copy of the facilitator guide, session summaries, and handouts.
5. Follow the easy instructions for program planning and advertising. We encourage you to purchase ***Balance Living Tracts*** as handouts for your programs ***and Balance*** magazine as part of your community preparation or program follow-up.
6. You may purchase our books to sell at your seminar.

**ORDER MATERIALS** in our online [STORE](#) or call 800-328-0525