



Meet Norma Power with Mind, Body, Vitality, LLC

I developed a passion for healthy living and wellness while having to balance my own health and the stress of a demanding career in the Pharma/Biotech industry, raising two (beautiful) boys and managing daily life challenges. Today, coupled with my certification, I am living this passion to support and coach others through the holistic integration and connection with the body, mind, and spirit, to empower them to reclaim their own health while they manage the ebb and flow of life.

When it comes to maintaining health and preventing illness, it's the little changes that can make all the difference. By simply switching to using the stairs over the elevator, or choosing tea over soda, you're putting in that little extra effort to protect your health.

During this experience, you will have the opportunity to interact with others looking to incorporate wellness habits into their workday. Wellness in the Workplace is your chance to ask questions and learn new techniques for improving your health.

My goal for this webinar is to help you find creative techniques to improve your workday and achieve workplace wellness. Whether your goals are company-backed or you're going solo, your efforts are not wasted. Go the extra mile and invite your coworkers to join so together you can hold one another accountable.

Feel free to contact me directly if you have any questions or are looking for additional support in your wellness journey.

Warm Regards,
Norma Powers
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Meet Dawn Greenly with Namaste Baby & Black Coffee Yoga

- Owner and developer of Namaste Baby & Black Coffee Yoga. Yoga & Pilates for all ages and stages of life specializing in wellness practices, meditation, trauma sensitive yoga and mom and infant yoga.
- Single mom of two boys ages 20 & 13
- 500 E CRYT credentialed with Yoga Alliance.
- Undergrad in psychology from Temple University and a masters in neuropsychology from Saint Joseph's University
- Born & raised in Bucks County PA

Warm Regards,

Dawn Greenly

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Black Coffee Yoga

