

Deborah Myers

speaker • trainer • author



Wellness Education with a Difference

Many people today are looking for ways to reduce stress, boost immunity, stay well on the job, and stay active throughout their daily activities — without relying on medication. Deborah Myers developed Health at Your Fingertips methods in response to her own journey following a car accident that resulted in several herniated disks. She learned to heal herself without surgery and now shares her wellness wisdom with people of all ages and occupations. Her proven self-help techniques can be used anytime for:

- Wellness in the Workplace
- Self Care
- Caregiving
- Overcoming Obstacles to Learning
- Improving Mental Clarity and Physical Performance

What People Are Saying...

“Deborah Myers taught a workshop in which our employees learned techniques for stress reduction and dealing with headaches and pain. After the workshop, we noticed immediately that our work force attendance improved. Employees were doing the energy movements during breaks and showing others how to deal with neck and back aches. Give Deborah the opportunity to teach you, and your staff, these natural acupressure techniques.”

Gayle and Arnie Carston, Owners of World of Carpets One

“Deborah Myers has led several stress reduction workshops for my Workforce Health employers. They greatly appreciate learning how to be proactive and share techniques to mindfully lower the negative stress levels of their employees....”

*Jeannie Calverley, Area Manager Employer and Community Relations
Workforce Health Initiative, Santa Rosa Memorial Hospital*

“Deborah Myers presented a workshop in which she taught easy to use acupressure techniques designed to reduce stress and anxiety, promote healing and enhance over all general well being. The information was beneficial to everyone in attendance, as well as to our patients. We believe that what she has to offer can be as useful to your office as it is to ours.”

Dr. Jay Bansal, LaserVue Eye Center

Deborah Myers works with people who want to feel healthier, be stronger and increase their vitality. Founder and Director of Health at Your Fingertips, Myers is passionate about empowering others to live life in a balanced and healthy way. She assists individuals in their search for stress reduction, pain relief and healing. Through coaching and workshops, Deborah has helped hundreds of people discover how they can easily and effortlessly attract what they want in their lives and have health at their fingertips. She is a Certified Acupressurist and Jin Shin Jyutsu practitioner. Myers stimulates her audience to tune in to their own bodies and use intuition to guide the integration of these healing techniques.

Topics

- **Antidote To Stress:** Stress management
- **Workplace Wellness:** Injury prevention and recovery, staying well
- **Leveraging Your Work Force:** Increasing productivity
- **Recovery From Trauma:** Accelerating healing the mind, body and spirit
- **Energy For Fitness:** Enhance your exercise programs
- **Relief From Chronic Conditions:** Pain management and relief
- **Learning Made Easier:** Improving clarity and focus



Wellness Workshops

Antidote to Stress

In this session your workforce will learn how to reduce the symptoms of stress and change how their bodies react to stress in the environment.

Learn:

- How to increase vitality and personal performance
- How to have more gain and less strain throughout the day
- How to manage stress and let go of accumulated stress and pain

Leveraging Your Work Force

Your employees can be healthier and more productive. People make your business stand out — show your customer base that your staff is engaged and productive. THAT will translate to satisfied customers/clients.

Discover:

- How to improve employee health and wellbeing, resulting in less absenteeism and fewer on-the-job injuries
- Techniques to increase productivity, clarity and focus
- How to improve employee morale and behavior on-the-job

Energy for Fitness

Your staff will be healthier, more productive, and more effective when their daily activities include exercise and movement. Learn how to get more out of exercise and how to avoid injury or distress to the body.

Your staff will learn how to:

- Enhance their exercise programs
- Relieve discomfort and pain
- Recover from exercise
- Boost their immune systems

Programs can be customized to fit the needs of your organization or workplace.



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Publications

- Health at Your Fingertips Energy Balancing Care Guide
- Energy of Prosperity Workshop DVD
- Daily Clean Your House Flow DVD

Partial Client List

- Medtronic
- Traditional Medicinals
- Laservue Eye Center
- Santa Rosa Memorial Hospital Workforce Health Initiative programs
- Sonoma County Community Action Partnership
- Sutter Hospice Employee Symposium
- Sutter's Integrative Health Services
- Varena Retirement Community
- Sonoma Development Center
- Moldovan Academy
- Parkpoint Club
- Airport Club
- Massage Envy
- Kaiser Santa Rosa
- World of Carpets One