



Health & Wellness

Change For The Health Of It

Pam Mills, Certified Nutrition Health Coach, graduated from the Institute of Integrative Nutrition in December 2013.

Having faced many health issues in her lifetime, Pam enjoys helping others to achieve a freedom of wholeness, both physically and mentally.

Pam was one of the unlucky few to be plagued with health problems from birth on, often mystifying doctors and specialists. A surgery in 1998 triggered her already poor health to become worse and doctors were once again unable to diagnose or help.

Nearly two years passed when a friend suggested that she be tested for celiac sprue. The positive diagnosis began Pam on her journey of healing as she eliminated harmful foods from her diet. She will forever be grateful to this friend for the freedom of health she has been able to experience.

Pam decided to pay forward the health benefits she saw in her own life. In 2003 she became a Celiac Disease Foundation Coach, answering the questions from those newly diagnosed with celiac disease and helping many to change their diets due to food intolerances. This taught her how much food can affect how the body feels mentally and physically. Pam realized a love of not only learning, but also of teaching others how bodies can self-heal through nutrition, & natural medicines, inspiring her to become a Certified Health Coach.

Presentations

Title # 1

Building the Immune System: Fighting the common cold & flu!

If the estimate of \$84 billion spent annually on sick days in the United States is correct, wouldn't it be helpful if I could decrease that percentage from your company? Nearly 90 percent of employees still go to work when they're sick, which results in the spread of germs to others. Sick days spent in or out of the office greatly impacts business.

I can teach your employees how to build their immune system to increase wellness in the home and workplace, saving employees from contracting flu & colds.

- Less sick days used by employees
- Higher production
- Saving the company time & money
- Less germs in the workplace

Title #2

Stress management: Can Stress Really Kill You?

Stress in the workplace causes illness, tension in relationships, and unhappy employees. We all know how stressful change can be. Do you know and understand the amount of stress your employees are under both in the workplace and in their personal lives?

I can help your employees understand what their stressors are and how to deal with those stressors by teaching them to measure and alleviate the amount of stress they are under before they face serious health consequences. This is achieved by learning to create a personal plan and practicing relaxation and breathing skills.

- A calmer workplace
- Less stress related illnesses
- Happier employees

Title #3

15 Ways to Achieve a Healthy & Prosperous Life

Living a life with a wealth of happiness will create a life with flourishing joy. At the beginning of a New Year we wish everyone a "Happy and Prosperous New Year." The definition of prosperous is: "successful in material terms; flourishing financially; bringing wealth and success, having good fortune." We all want that for our businesses.

I can teach your employees to be prosperous in their own lives which will then be reflected in the success of their employment, helping your company enjoy that prosperous New Year you are striving to achieve.

- Employees will flourish in their positions
- More promotions within the company
- Employee longevity

**Call today to schedule Pam Mills!
To benefit your employees health
Change For The Health Of It
(503)706-0942**

Testimonials

Pam Mills presented several seminars for employees at Clackamas County on the topic of exploring a gluten-free diet. The feedback was very positive about her speaking style, clarity, connecting with the groups, and helping people understand a complex topic. Pam's presence is comfortable and engaging. She is fluid with her information as people ask questions. We appreciate her work, sharing her expertise and experiences with employees.

Tamra Dickinson, Wellness Coordinator, Clackamas County

Pam Mills, an expert on nutrition and healthy lifestyle, is an experienced communicator who quickly engages the attention of her audiences and delivers actionable information that helps employees make sound choices, thereby reducing absenteeism and enhancing productivity. Committed and passionate about her material, Pam's enthusiasm translates into changes for the better on the part of her audiences.

Allen Taylor, President, Computer Power

I have had the privilege to hear Pam Mills speak on several different topics. The topic that stands out most is her passion and expertise on gluten free food diets and people's health in general. Pam is well educated in her field and it shows in her presentations. She is very clear on the subject and articulates very well for her audience to understand. I appreciate her enthusiasm, knowledge, expertise and her ability to make her audience feel comfortable with the topic.

Bill Clark, Mortgage Advisor, Alpine Mortgage

I've been interested in health and wellness ever since my older brother came back from college and convinced my mother to buy a Champion juicer. So the first time I heard one of Pam Mill's talks on health I wasn't expecting to learn much new material or be inspired, but I was! Pam is an exceptional speaker, which is evident from the very beginning. However, it is her keen ability to present information we may have heard about - but not fully understand, to something you're determined to incorporate in your life. Anyone who has the opportunity to attend one of Pam's presentations or workshops will leave motivated to take action!

Jerry Sellers, Key Account Manager, Kraft Foods

I have attended a few seminars on various wellness topics presented by Pam. Her ability to edit the topics to a singular focus keeps the topic from becoming overwhelming. She knows what portions of the subject will be of most interest and applicable to daily life. The idea of diet and exercise change can be overwhelming. Pam's ability to inspire others to make reasonable changes by being both relatable and having the skills to communicate her knowledge base is what keeps me referring friends to her.

Amy Mueller, Community Member

Partial Client List

Clackamas County Employees

Jobsite Solutions

Pioneer Community Center

LDS Church Youth Groups

Natural Grocery



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