

Press Release: Become The Best Me NOW!® Free Talk at Magruder Hospital  
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## **Become The Best Me NOW!®**

*Learn How Your Mind and Body Work Together and  
How You Can Use the Power of Your Subconscious Mind to  
Create Your Best Life NOW!*

**On Monday, April 14, at 6:30 pm in the Conference Room at Magruder Hospital, Port Clinton,** David S. Prudhomme will be giving a free presentation, on becoming **The Best Me NOW!®**. This program will explain how the mind and body work together and how one can use the power of the subconscious mind to change habits, behaviors, or emotions and create your best life now.

Prudhomme explains the latest science and medical research on human behavior and why willpower doesn't work. Learn how you can easily change the patterns of behavior, thoughts and emotions that you have developed over your lifetime. Areas of focus in The Best Me NOW!® program include: Weight Loss; Stop Smoking; Stress Reduction; Fears; Self-confidence; Anger Issues; PTSD; Pain Management; and Motivation. Once you learn how to take back control of your emotions, your thoughts and your behavior, you are able to easily change your life physically, mentally and emotionally.

This presentation is the 2<sup>nd</sup> in a series which started on Monday, April 7<sup>th</sup> at Magruder with Prudhomme's talk on **Go From Stressed to Best!:** Learn the Secrets of Reducing Stress in Your Self, Your Relationships and Your Life!

Prudhomme has studied the mind and the body with experts all over the world. He is a Stress Reduction Specialist, Mind/Body Coach and Consulting Hypnotist. He is also a Master Practitioner of NLP, a certified MBTI® Practitioner, a motivational speaker and life-coach. He has a BS in Engineering from the United States Naval Academy and an MA in Broadcast Journalism from Boston University. He is the Founder and Director of Mederi Wellness, where every day he works with clients to help them shift from where they are to where they want to be using the power of their mind. For more information contact David at 419.341.1858 or [David@MederiWellness.com](mailto:David@MederiWellness.com).

