



Learn how to go “From Stressed to Best”

David S Prudhomme, founder of Mederi Wellness LLC, Port Clinton, and co-author of the “From Stressed To Best™” system and series of books, will be speaking on the secrets of reducing stress in yourself, your relationships and your life, April 7, 6:30-8:30 p.m., in the Conference Room at Magruder Hospital, Port Clinton. At this free talk, Prudhomme will be talking about ways to learn to quickly control and reverse the patterns of stress in your life.

Almost everyone says they are more stressed today than ever before. Studies are now showing that stress causes or exacerbates 85% of all illness, and that it is the root cause of many problems from relationship issues, to smoking, weight gain, pain, sleeplessness, physical illness, addictions, anxiety and depression. Some medical professionals now believe that reducing stress may be even more important than stopping smoking to ensure their clients’ health and well-being.

Drawing on the latest science of the mind, Prudhomme will explain how one can immediately reduce stress by understanding personality type, how the brain is hard-wired from birth, the strengths and stressors of each personality type, and how to use that knowledge to learn how to better communicate with co-workers, friends and family.

On Monday, April 14, at 6:30 p.m. in the Conference Room at Magruder, Prudhomme will be giving another free presentation, on becoming “The Best Me Now”. The program will explore 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.

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.

David Prudhomme and Ruth Schneider , co-authors of the “From Stressed to Best” program and books for individuals and businesses, are available for newspaper, television, and radio interviews and speaking engagements on stress reduction, wellness and related subjects. For more information, go to www.mederiwellness.com or www.stressedtobest.com or contact David at 419.341.1858 or David@MederiWellness.com.