

# *Beyond Words Communications*

Contact: Leona M Seufert  
Beyond Words Communications  
908-241-5874  
Beyond-Words@worldnet.att.net

**FOR IMMEDIATE RELEASE**

## **Wellness As a Way of Life - *Health Wise seminars focus on preventative maintenance for mind and body***

New Jersey, February 10, 2011 - Your employee productivity is on the decline. Vacations and reducing workload fail as solutions. As an employer you wonder what you can do to increase your employees' performance.

In today's economy employees are called upon to perform at peak proficiency while juggling many tasks. Hours are long and stressful. However, the problem can be much deeper than work related.

Ed Lester has discovered the root cause of this problem and developed seminars that can help employers bring their employees up to full capacity. He is now offering his Health Wise seminars to companies who would like to see their employees regain a well rounded productive life. The Health Wise seminars focus on preventative maintenance for the mind and body. He presents easy to follow techniques for stress reduction and coping skills and practical guidelines for self-care.

Here's what seminar attendee Jill Lansing says "By taking this program I was able to make the changes I needed to feel better about myself, my work, my life thereby increasing my effectiveness in my job."

Workshops and seminars are tailored to company needs. They can be customized to fit employee and company schedules. Material and techniques are adapted to the number of people in attendance. Custom programs can be tailored on short notice.

For over 10 years Ed Lester led seminars that made a difference to employees of AT&T nationwide. In 2008, Ed decided to take early retirement and bring his proven techniques to the business world at large. He has an MBA in Business Administration and is a certified coach. His articles on wellness have appeared on websites, company newsletters, and in Prevention Magazine. For more information you can contact him at 908-245-6652.

---END---