Health & Wellness Speakers Bureau

Please contact presenter for further information or to schedule a presentation for a worksite or community group.
Presentations/classes may require a fee.

Communication

- **Ask Empowering Questions: Build Better Relationships at Work**
  Lawrence Carroll
  (413) 212-2030
  [www.awakenteenleadership.net](http://www.awakenteenleadership.net)

- **Be a Better Listener: Learn Deep Listening Skills**
  Lawrence Carroll
  (413) 212-2030
  [www.awakenteenleadership.net](http://www.awakenteenleadership.net)

- **Cultivating Compassion in the Workplace**
  Lawrence Carroll
  (413) 212-2030
  [www.awakenteenleadership.net](http://www.awakenteenleadership.net)

Fitness

- **Competitive Edge Sports**
  New Life Chiropractic
  (413) 443-3577 or [www.dr-schagen.com](http://www.dr-schagen.com)

- **Sitting is the New Smoking - How to Combat Your Sedentary Lifestyle**
  Lawrence Carroll
  (413) 212-2030
  [www.awakenteenleadership.net](http://www.awakenteenleadership.net)

- **The Science of Yoga**
  The Nutrition Center
  (413) 429-8110
  [www.thenutritioncenter.org](http://www.thenutritioncenter.org)

Health

- **Building a Tobacco Free Community- Training and Resources**
  MTCP Tobacco –Free Community Partnership
  Berkshire Area Health Education Center
  (413) 236-2145
  [jbrewer@berkshireahec.org](mailto:jbrewer@berkshireahec.org)
Health (continued)

- **Essential Oils for your Health**
  - The Wellness Underground
  - (413) 347-3377
  - Wellnessunderground.net

- **Integrated Cancer Prevention**
  - The Nutrition Center
  - (413) 429-8110
  - www.thenutritioncenter.org

- **Natural Fixes for Common Health Problems**
  - The Wellness Underground
  - (413) 347-3377
  - Wellnessunderground.net

- **Preventing Osteoporosis: Building Resilient Bones**
  - The Nutrition Center
  - (413) 429-8110
  - www.thenutritioncenter.org

- **Self-Care**
  - Lawrence Carroll
  - (413) 212-2030
  - www.awakenteenleadership.net

- **The 4 Pillars of Resilient Health**
  - The Nutrition Center
  - (413) 429-8110
  - www.thenutritioncenter.org

- **What is CBD and How Can it Help Me?**
  - The Wellness Underground
  - (413) 347-3377
  - Wellnessunderground.net

Nutrition

- **Back to Basics- Healthy Eating 101**
  - The Nutrition Center
  - (413) 429-8110
  - www.thenutritioncenter.org

- **Farmer's Market Cooking**
  - The Nutrition Center
  - (413) 429-8110
  - www.thenutritioncenter.org

- **Food Adventures- Hands on cooking class for kids ages 5-18**
  - The Nutrition Center
  - (413) 429-8110
  - www.thenutritioncenter.org
Nutrition (continued)

- **Food Is Medicine**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **Healthy Eating on a Budget**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **How to Stop Dieting and Achieve your Desired Weight?**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **Hungry and Overweight?**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **Kitchen Adventures- Hands on cooking class for adults, including those with disabilities**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **Kick the Sugar Habit**
  The Wellness Underground
  (413) 347-3377
  Wellnessunderground.net

- **Navigating the Chaos: Reading and Interpreting Food Labels**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **Sugar Addiction for People in Recovery**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **Sugar: America's Favorite Drug**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **Sugar: The Unsweetened Truth**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

- **The Power of a Plant-Based Diet**
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org
Stress

- Managing Stress to Improve Performance
  Lawrence Carroll
  (413) 212-2030
  www.awakenteenleadership.net

- Natural Stress Busters
  The Wellness Underground
  (413) 347-3377
  Wellnessunderground.net

- Reiki Healing for Pain & Stress Relief
  The Wellness Underground
  (413) 347-3377
  Wellnessunderground.net

- Stress and Healing
  The Nutrition Center
  (413) 429-8110
  www.thenutritioncenter.org

Wellness

- Balancing Hormones – The Anti-Aging Miracle
  The Wellness Underground
  (413) 347-3377

- Breathing for Health and Vitality
  Lawrence Carroll
  (413) 212-2030
  www.awakenteenleadership.net

- Declutter Your Life
  The Wellness Underground
  (413) 347-3377
  Wellnessunderground.net

- Developing Emotional Intelligence for Better Performance
  Lawrence Carroll
  (413) 212-2030
  www.awakenteenleadership.net

- Emotional Wellness – Naturally
  The Wellness Underground
  (413) 347-3377
  Wellnessunderground.net

- How to Stay Young – New Life Chiropractic
  (413) 443-3577
  www.dr-schagen.com
Wellness (continued)

- **Natural Solutions for Child Behavior Problems**
  The Wellness Underground
  (413) 347-3377
  Wellnessunderground.net

- **Reducing Anxiety in Children**
  The Wellness Underground
  (413) 347-3377
  Wellnessunderground.net

- **The Five Buoys of Meditation**
  Lawrence Carroll
  (413) 212-2030
  www.awakenteenleadership.net

- **The Power of Pause: Learning and Creativity in the Classroom**
  Lawrence Carroll
  (413) 212-2030
  www.awakenteenleadership.net

- **The Ten Second Meditation**
  Lawrence Carroll
  (413) 212-2030
  www.awakenteenleadership.net

For more information about this resource list, contact garmstrong@cityofpittsfield.org

*Healthy Pittsfield is a community partnership comprised of various city, school, business and health service representatives, launched under the guidance of the City of Pittsfield Health Department. The mission of the partnership is to develop and implement community-based initiatives that will measurably improve the health and quality of life of Pittsfield’s residents and work force.*