



## 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](http://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](http://www.thenutritioncenter.org)
- ***Self-Care***  
Lawrence Carroll  
(413) 212-2030  
[www.awakenteenleadership.net](http://www.awakenteenleadership.net)
- ***The 4 Pillars of Resilient Health***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://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](http://www.thenutritioncenter.org)
- ***Farmer's Market Cooking***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)
- ***Food Adventures- Hands on cooking class for kids ages 5-18***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)

## **Nutrition (continued)**

- ***Food Is Medicine***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)
- ***Healthy Eating on a Budget***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)
- ***How to Stop Dieting and Achieve your Desired Weight?***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)
- ***Hungry and Overweight?***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)
- ***Kitchen Adventures- Hands on cooking class for adults, including those with disabilities***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://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](http://www.thenutritioncenter.org)
- ***Sugar Addiction for People in Recovery***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)
- ***Sugar: America's Favorite Drug***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)
- ***Sugar: The Unsweetened Truth***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)
- ***The Power of a Plant-Based Diet***  
The Nutrition Center  
(413) 429-8110  
[www.thenutritioncenter.org](http://www.thenutritioncenter.org)

## Stress

- ***Managing Stress to Improve Performance***  
Lawrence Carroll  
(413) 212-2030  
[www.awakenteenleadership.net](http://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](http://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](http://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](http://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](http://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](http://www.awakenteenleadership.net)
- ***The Power of Pause: Learning and Creativity in the Classroom***  
Lawrence Carroll  
(413) 212-2030  
[www.awakenteenleadership.net](http://www.awakenteenleadership.net)
- ***The Ten Second Meditation***  
Lawrence Carroll  
(413) 212-2030  
[www.awakenteenleadership.net](http://www.awakenteenleadership.net)

For more information about this resource list, contact [garmstrong@cityofpittsfield.org](mailto: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.*