



The Refresh™ Button

For Organizations & Companies

Install and Enjoy!

Create optimal health and top performance – *on and off the job!*

- ✓ Find **TRUE CALM** – for dynamic, focused, healthy calm all day
- ✓ Create **GENIUS FOCUS** – for solutions, innovation & optimal mind health
- ✓ Generate **ENERGY HEALTH** – for vibrant awareness & immune strength

Learn how to:

- Rapidly reset four body systems to optimal health
- Gain priceless inner calm & de-stress – in 6 seconds
- Enhance mental clarity to nourish your life
- Turn challenges into triumphs
- Access your real wants for uplifting choices
- Energize and recharge – quickly!
- Sustain your energy for maximal productivity all day
- Strengthen your immune system to stay healthy
- Identify your personal life messages for health & positive change
- Prevent stress-related illness & costs for life

To arrange a:

Refresh Button™ training for:

- your group
- your company
- in your city

Call: **206-588-3365** or

Email: info@globaloptimalhealthgroup.com

Sign up today to install and enjoy
YOUR Refresh Button!



Robert Simon Siegel, MS, author of *Six Seconds to True Calm: Thriving Skills for 21st Century Living*, is an innovative wellness trainer for individuals and businesses. Clients included: Chevron USA, King County, NBC, Providence Health Systems, Port of Seattle Police Dept., Pritikin Longevity Center, Washington Athletic Club, TRW and Davis, Wright, Tremaine law firm. His WELLNESS ROI program helps companies cut absenteeism and lost time costs in half.



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