



Your Refresh Button

Install and Enjoy!

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

- ✓ Find **TRUE CALM** – for dynamic, focused, healthy calm all day in six seconds
- ✓ Create **GENIUS FOCUS** – for solutions, innovation & immune strength
- ✓ Generate **ENERGY HEALTH** – for vibrant awareness & top performance

Learn how to:

- Rapidly reset four body systems to optimal health
- Gain priceless inner calm
- Enhance mental clarity to nourish your life
- Turn challenges into triumphs
- Create opportunities for optimal mind health
- Access what you really want to create a lifetime of 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

Sign up today to install and enjoy
Your Refresh Button!

WHEN: Six Wednesday evenings, 7:00pm - 8:45pm,
September 1, 8, 15, 22, 29 & October 6

WHERE: **Motion and Rest**, 5340 Ballard Ave. NW,
Seattle, WA 98107

FEE: \$240 early bird pre-pay; \$280 after August 20

SIGN UP: Use PayPal or send check to Robert Siegel
at: PO Box 70495, Seattle, WA 98127

CALL: **206-588-3365** for reservations & PayPal info or:

EMAIL: info@globaloptimalhealthgroup.com -
Limited seating



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 lost time costs in half.

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