

## Recorded Webinars



The next best thing to having Dr. Ann right in your own corporate headquarters or place of business!

Dr. Ann offers high quality recordings of her most popular educational webinars.

Based on the number of employees, an organization can purchase either a 12 month or 3 month viewing license that grants unlimited employee access to view the recorded webinars over the organization's intranet. To provide access, an organization simply places an embed code for the webinar video directly onto the company intranet site. This allows for instant group or individual viewings.

The webinars offered and the corresponding licensing fees are as follows:



### The Eat Right for Life Series

Eat Right for Life® Part I – Conquer Your Carbs (1 hour, 27 min.)

Eat Right for Life® Part II – Give Yourself an Oil Change (47 min.)

Eat Right for Life® Part III – Select the Healthy Proteins & Drink the Right Beverages (1 hour)

#### 12 Month License: (Includes all 3 parts)

≤ 200 employees	- <del>\$3,000</del>	\$1,200
201 – 1,000 employees	- <del>\$4,500</del>	\$1,800
1,001 – 3,000 employees	- <del>\$5,000</del>	\$2,000
3,001 – 5,000 employees	- <del>\$7,500</del>	\$3,000
5,001 – 10,000 employees	- <del>\$10,000</del>	\$4,000
10,001 + employees	- <del>\$12,000</del>	\$4,800

#### 3 Month License: (Includes all 3 parts)

≤ 200 employees	- <del>\$1,500</del>	\$600
201 – 1,000 employees	- <del>\$2,250</del>	\$900
1,001 – 3,000 employees	- <del>\$2,500</del>	\$1,000
3,001 – 5,000 employees	- <del>\$3,750</del>	\$1,500
5,001 – 10,000 employees	- <del>\$5,000</del>	\$2,000
10,001 + employees	- <del>\$6,000</del>	\$2,400

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### The Focused Webinars

- Being Good to Your Heart (1 hour, 9 min.)
- Boost Your Energy and Fight Fatigue (1 hour, 11 min.)
- Just Say Whoa! to Cancer (1 hour)
- Rein in Your Appetite (56 min.)
- Take Charge of Your Metabolic Health (1 hour, 23 min.)
- Weigh Less for Life, Part I (1 hour, 22 min.)
- Weigh Less for Life, Part II (1 hour, 25 min.)
- The Happiness Diet, Part I (1 hour, 23 min.)
- The Happiness Diet, Part II (51 min.)

#### 12 Month License: (per single webinar)

≤ 200 employees	- <del>\$1,500</del>	\$600
201 – 1,000 employees	- <del>\$2,250</del>	\$900
1,001 – 3,000 employees	- <del>\$2,500</del>	\$1,000
3,001 – 5,000 employees	- <del>\$3,750</del>	\$1,500
5,001 – 10,000 employees	- <del>\$5,000</del>	\$2,000
10,001 + employees	- <del>\$6,000</del>	\$2,400

#### 3 Month License: (per single webinar)

≤ 200 employees	- <del>\$750</del>	\$300
201 – 1,000 employees	- <del>\$1,125</del>	\$450
1,001 – 3,000 employees	- <del>\$1,250</del>	\$500
3,001 – 5,000 employees	- <del>\$1,875</del>	\$750
5,001 – 10,000 employees	- <del>\$2,500</del>	\$1,000
10,001 + employees	- <del>\$3,000</del>	\$1,500

Details on Next Page

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## Great Reasons to License Dr. Ann's Webinars

- Dr. Ann feels strongly that the most cost-effective means to leverage her expertise to teach and motivate employees to improve their diet and lifestyles is through her recorded webinars.
- Real people respond best to the real voice of real experts.
- Dr. Ann has a proven track record of motivating and educating others.
- Organizations can host group viewings in the workplace to leverage the awesome and proven power of “social connections” for igniting behavior change.
- Employees can enjoy access to unlimited viewing.
- A detailed instructional handout is provided for each webinar that can be copied and distributed or made available electronically to employees on the organization's intranet site.
- The entire process is completely turn-key and simple as pie to deliver to employees.
- Organizations can get the companion *Eat Right for Life*® books and *Weigh Less for Life* book that are the perfect written accompaniment to these webinars directly from WELCOA for a steep discount. Giving webinar viewers one of Dr. Ann's books is a fantastic incentive gift.

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# Recorded Webinars



## What People Have to Say

“The class was amazing! I learned so much. I now not only understand what, but also why. The “why” and “what happens” is what I have been missing. I can’t thank you enough.” - Moir D., Columbia, SC

“I can’t tell you what the Wellness Seminar experience meant for us. Thank you so much for doing it and I encourage you to do it again! The seminar was wonderful... I still see the image of the shark when confronted with Great White Hazards!” - Pam P.; Greenville, SC

“I have already put your words into practice! There is an overwhelming amount of information on healthy eating available. Thank you for making it interesting and manageable. Your books are an excellent resource. The presentation is excellent visually and packed with information. Your enthusiasm, knowledge base and sincerity made the retreat more than just an educational experience. It made it a life changing experience. Thank you... thank you... thank you!” - Karen W.; Dublin, OH

“Thanks for an outstanding seminar! The teaching session in your home about healthy eating and lifestyle was the best part on the seminar! It gives all of an opportunity to improve our health and happiness no matter how good or bad we are. Thank you so much for an amazing experience!!!” - John E., MD; Ninety Six, SC

“It was an awesome presentation. Your passion in what you believe transcends to everyone who attends a seminar. I’ve made changes and will continue to incorporate more of them into my life for not only my benefit but for those I love.” - Marcia P.; Charleston, SC

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## What People Have to Say

“Dr Ann- I really enjoyed the seminar immensely and am trying to implement this new way of eating into my family regiment. You are a tremendous speaker and I enjoyed every minute. I have been talking about you ever since I got home so if your ears are burning, it definitely is because of me. Again, enjoyed enjoyed enjoyed your seminar and highly recommend it to anyone of all ages.” - Elaine T.; Charleston, SC

“The seminar was fabulous. You present the information in a realistic manner. You are not overly preachy or condescending. Your information is based on scientific facts not the latest trends and/or fads. You are truly passionate about your factual information.” - Amelia G.; Elgin, SC

“Thanks a million for the wonderful wellness seminar! I definitely believe it will forever change my life and hopefully my families life..” - Nancy G.; Greenville, SC

“Truly life changing. Thank you so much for your time and energy.” - Len R.; Wilbraham, MA

“Thank you a million for sharing the latest information on wellness so clearly and succinctly and with energy and enthusiasm that kept us all engaged.” - Mary Jane K., Columbia, SC

“Thank you so much, you provided us with the most enjoyable seminar ever! Now, we really think we can turn our diets and lifestyles around.” - Dan and Ruth H., Jacksonville, FL

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# Webinar Best Practices



To optimize Dr. Ann's webinars for motivating and educating your employees, she suggests the following best practices:

- Take advantage of group viewings whenever possible. Allowing your employees to watch the webinars together leverages the positive spirit and energy of "group dynamics" and enhances comradery, while fostering a culture of wellness in your workplace.
- Be sure you appropriately introduce Dr. Ann to the webinar viewers prior to the broadcast. Knowledge of her reputation and credibility as an esteemed expert in nutrition and wellness who is fun, totally real, and contagiously inspirational will increase the audience's receptiveness and interest. (We will provide a short bio for this purpose.)
- Encourage employees to watch the webinars on their own repeatedly as needed for additional motivation and reinforcement. The bottom line: the more they watch them- the better!
- To optimize engagement, be aggressive in promoting the webinars. Take advantage of every avenue at your disposal (email, printed flyers, calendars, employee newsletters, etc.) and of course incentivize viewing as your organization sees fit.
- Lunch and learns are an ideal context for group viewings. If you take advantage of this popular educational forum, be sure that the lunch you serve is consistent with the information in the webinars. A free lunch can be a great incentive to bring employees in!
- Be sure to make the companion handout for the webinar easily accessible for your employees. For group viewings, having them pre-printed and available in their seats is optimal. If they will be posted electronically, be sure to let everyone know exactly where they can be accessed.
- Use Dr. Ann's Eat Right for Life books or her Weigh Less for Life book (all available to employers through WELCOA for a steep discount) as the ideal incentive gift or the perfect companion "take away" to reinforce the webinar content. Dr. Ann's books and webinars are definitely synergistic with one another. She has specifically constructed both to be used in concert.

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# Webinar Best Practices



- Encourage your employees to utilize the full suite of free educational resources on Dr. Ann's website, especially her e-newsletter. They will all serve to further your employee's learning and understanding, keep them motivated, and remind them of Dr. Ann's encouraging voice.
- For multi-part webinars (Eat Right for Life, Weigh Less for Life, and The Happiness Diet) we suggest viewing anywhere from 1 week to 4 weeks apart, but most any viewing schedule can be utilized.
- If there are time constraints for individuals or group viewings of the webinars, keep in mind that any webinar can be stopped at any point and subsequent viewing resumed exactly where previously stopped. In other words, the user has complete control to start and stop the webinar video wherever and whenever they want.
- If you want to track your individual employee viewings, it is easy for your IT personnel to install a sign-in box on the webinar viewing page for this purpose. If this is not feasible or possible, talk to Dr. Ann about a good alternative she can make available.

[View Samples of Dr. Ann's Webinars Here](#)

Questions or Orders Call  
843-329-1238  
[www.DrAnnWellness.com](http://www.DrAnnWellness.com)