



*Dr. Ann's webinars are exploding with energy, inspiration, and the indispensable, no-nonsense guidance your employees need to put them on the fast track to better health.*

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 Eat Right for Life<sup>®</sup> Series

### Program Includes

- 16 individual video modules (ranging in length from 13-30 minutes)
- Corresponding detailed instructional handouts (43 pages total)

**Part I – Conquer Your Carbs** (9 modules, 2.25 hours)

**Part II – Give Yourself an Oil Change** (3 modules, 45 minutes)

**Part III – Select the Smart Proteins** (2 modules, 42 minutes)

**Part IV – Nurture Your Microbiome** (1 module, 27 minutes)

**Part V – The Art & Science of Making It Stick** (1 module, 23 minutes)

[More Webinar Details Below](#)



With electrifying energy and passion, Dr. Ann brilliantly transforms the compelling body of science as it relates to diet and health into a program that is simple, fun, delicious and ultra-practical. The audience will be motivated and entertained, but most importantly, will walk away with take-action-today inspiration and everything they need to know to “eat right” for a long, active and vital life.

**Coming Soon!**

## **The Happiness Diet Series**

Brain health is everything! In this cutting edge and fascinating webinar, Dr. Ann guides you through all the dietary strategies for achieving and maintaining optimal brain structure and function. Whether your goals are lowering stress, boosting happiness, avoiding depression, or unleashing your brain's full intellectual potential – this program is for you.

Because the brain is the most demanding, discriminating, and fastidious of all organs when it comes to nutrition, if you learn to maximize your brain's nutrition needs, the remainder of the body is more than taken care of. That is a huge bonus that comes with this program!

**See Webinar Pricing Below**



Invite your employees to experience the  
*Eat Right for Life*® program today!

*A life-changing investment to  
greatly improve the wellness  
culture of your entire company.*

### 12-Month License

≤ 200 employees - **\$3,000**  
201 – 1,000 employees - **\$4,500**  
1,001 – 3,000 employees - **\$5,000**  
3,001 – 5,000 employees - **\$7,500**  
5,001 – 10,000 employees - **\$10,000**  
10,001 - 20,000 employees - **\$12,000**  
20,001 + employees - **Call for Quote**

### 3-Month License

≤ 200 employees - **\$1,500**  
201 – 1,000 employees - **\$2,250**  
1,001 – 3,000 employees - **\$2,500**  
3,001 – 5,000 employees - **\$3,750**  
5,001 – 10,000 employees - **\$5,000**  
10,001 - 20,000 employees - **\$6,000**  
20,001 + employees - **Call for Quote**

## Ready to License?

*We'd love to talk to you! Simply call or write:*

**843.329.1238 - [info@drannwellness.com](mailto:info@drannwellness.com)**

**More Webinar Details Below**

# All New Recorded Webinars



## *Why We Know You'll Love Them!*

- 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**.
- **Detailed instructional handouts** that correspond to each video module are provided for the entire program. This is like a free mini e-book! These invaluable handouts can be copied and distributed, or made available electronically to employees via the organization's intranet site.
- The entire process is completely turn-key and **simple as pie to deliver to employees**.
- Organizations can get Dr. Ann's award-winning **Eat Right for Life® books directly from WELCOA for a steep discount**. These books further reinforce the message and make the perfect incentive gift to encourage employees to take part in the program.

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### *What People Are Saying*

“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 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 program more than just an educational experience. It made it a life-changing experience.** Thank you... thank you... thank you!” -

Karen W.; Dublin, OH

“**It was an awesome presentation. Your passion in what you believe transcends to everyone.** 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

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

“**I know I am not alone when I say that these webinars - and all the daily inspiration and education this wonderful woman provides - is invaluable for those of us who want to learn about and maintain a healthy lifestyle.** I try never to miss her monthly radio program on WBCL and I never let a day go by without checking out her Facebook page and her videos. I own all her books and have made gifts of them to my loved ones. Long may she reign, the Queen of Healthy Living!!!” - Barbara K., Indiana

Continued...



### *What People Are Saying*

“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 program 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 family's life.**” - Nancy G.; Greenville, SC

“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

**To View Webinars Samples, Just Ask!**

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# Webinar Best Practices



**To optimize Dr. Ann's webinars for motivating and educating your employees, we suggest 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 as well as a brief Dr. Ann promo video 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, social media, 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(s) 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.

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# Webinar Best Practices



- Use Dr. Ann's Eat Right for Life books (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 synergistic with one another. She has specifically constructed both to be used in concert.
- Encourage your employees to utilize the full suite of free educational resources on Dr. Ann's website, especially her e-newsletter and her Make It Happen Monday Video Tips. They will all serve to further your employee's learning and understanding, keep them motivated, and remind them of Dr. Ann's encouraging voice.
- Keep in mind that individuals viewing the video modules have complete control over the viewing experience. They can start, stop, and replay the video modules 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.

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