

Healthy Life Program

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MICHELLE DAWN
HEALTH & NUTRITION COACHING

Empowering Wellness Through Nutrition

Hands-on "Make and Take" workshops to promote healthy eating

Michelle Dawn Coaching, Inc.

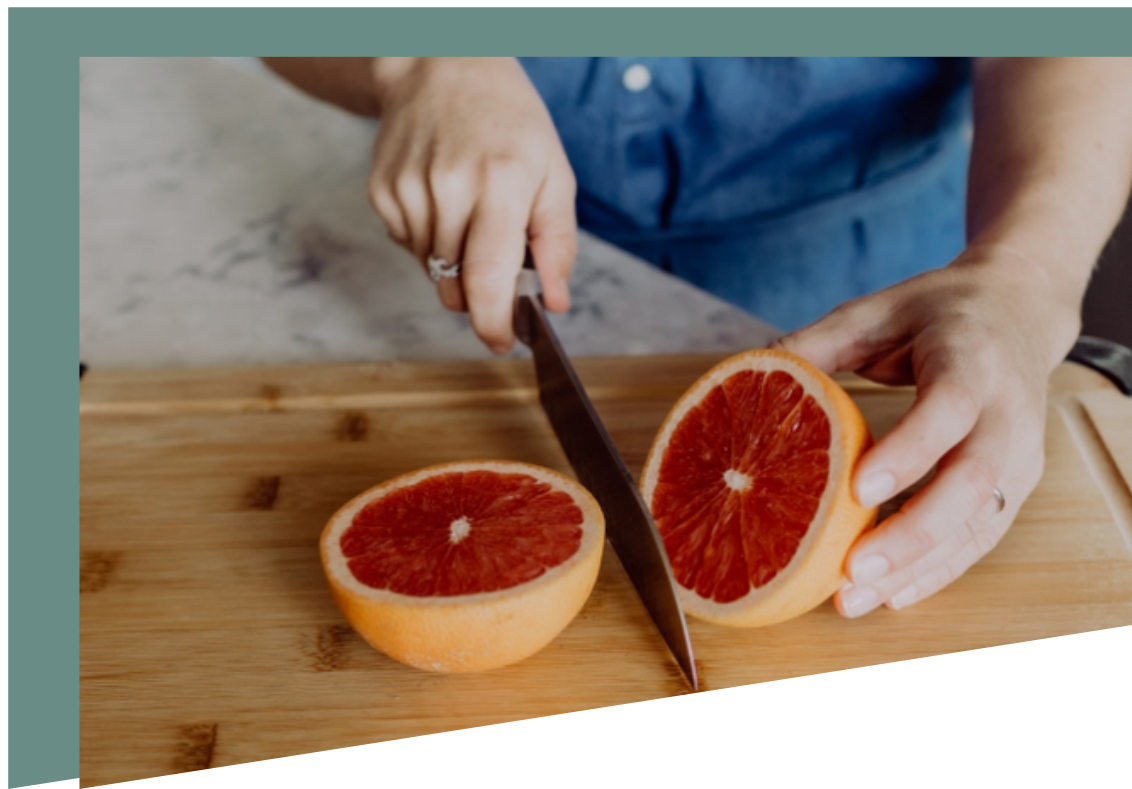
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Presented by
Michelle Walker
Teacher, Health Coach, Nutritionist, Neuro Change Practitioner

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About Michelle Dawn Coaching



Michelle Walker is an experienced educator with over 15 years working in the public education system and corporate training world.

She has continued to expand her capabilities by gaining multiple certifications in areas of health coaching, neuro-change behavioural modification, stress management and nutrition.

Michelle is highly motivated by empowering individuals to make better choices that will lead to a healthier and happier life.

Michelle is the founding principle of Michelle Dawn Coaching, Inc. and has extensive experience with virtual and face to face coaching.

Why The Healthy Life Program?



In response to the escalating health challenges in our country, "The Healthy Life Program" was initiated– a series of workshops designed to tackle the rising tide of lifestyle diseases through the promotion of healthy eating.

Modern lifestyles, marked by fast-paced routines and convenience-driven food choices, have fueled a surge in conditions like obesity, diabetes, and heart disease.

Recognizing the urgent need for intervention, these workshops aim to empower individuals with practical skills and knowledge to make informed decisions about their diet.

Education is at the core of this initiative. By providing insights into nutrition, meal planning, and the importance of balanced diets, we strive to instill lifelong habits that positively impact participants and their communities.

"The Healthy Life Program" is not just a series of workshops; it's a movement towards cultivating a culture of wellness.



Magic Meal Lunch Prep

Make and take five days of healthy lunches

Make

Learn how to make mason jar salads and power bowls.

Take

Take home five days worth of healthy lunches to enjoy for the week.

Learn

Learn about macros in a simple way and what to include in a well balanced meal for optimal nutrition.

In this two hour educational session, we will provide hands-on training and an understanding of what makes a nutritious meal.

Each participant will bring home three mason jar salads and two power bowls that they will put together during the workshop.



Starting the Day Right

Making the right choices for the most important meal of the day

Make

Learn how to make simple, healthy breakfast foods to start the day off on the right foot.

Take

Take home five days worth of healthy breakfast foods to enjoy for the week.

Learn

Learn about the importance of a proper breakfast in helping to control blood sugar levels throughout the day.

In this two hour educational session, we will provide hands-on training and an understanding of the importance of starting the day off with the right foods.

Each participant will bring home five days of healthy breakfast foods with recipes.



School Lunches and Healthy Snacks

Make and take five days of healthy lunches and snacks

Make

Learn how to make and pack a well balanced school lunch.

Take

Take home five days worth of healthy school lunches and snacks for the week.

Learn

Learn how to read labels to look for hidden sugars, and how to make healthy alternatives to snack foods children enjoy.

In this two hour educational session, we will provide hands-on training and an understanding of what makes a nutritious lunch for children. Participants will learn how to read labels to see where added sugars and salt are hidden in snack foods and healthy alternatives for favourite snacks.

Each participant will bring home five school lunches and snacks.



Best Start Baby Foods

Make and take homemade healthy baby foods

Make

Learn how to make homemade baby food including fruits, veggies and rice/oat cereal.

Take

Take home five days worth of healthy baby foods to have for the week.

Learn

Learn how homemade food is beneficial and healthier for babies, as well as cost effective.

In this two hour educational session, we will provide hands-on training and an understanding of the importance of feeding babies a healthy diet and the impact this has on their development.

Each participant will bring home five days of prepped baby food that they will make at the session.



Quick and Healthy Dinner Ideas

Make and take two family dinners and a healthy dessert

Make

Learn how to make quick, healthy dinners to feed the family.

Take

Take home two family dinners and a healthy dessert to enjoy.

Learn

Learn what makes a healthy dinner and appropriate serving sizes of each food group.

In this two hour educational session, we will provide hands-on training and an understanding of what makes a nutritious dinner. Participants will learn about serving sizes and the role macro nutrients play in their health.

Each participant will bring home two family sized dinners and a dessert to enjoy that week.



Healthy Habits for Life

Understanding why we do what we do and how to change our habits

In this 2-3 hour interactive educational session, we will discuss habit change and the important role habits play in our day to day life.

Participants will gain an understanding of why they "do what they do" and how to change bad habits to implement healthier habits in a way that is sustainable.



Full Day and 2-Day Workshops

Looking for a longer workshop covering multiple topics? Full day and 2-Day workshops are available and can be customized to your needs.

Sample Schedule:

DAY ONE

Time	Session
9:00-10:00	<i>Importance of Healthy Eating</i> <i>Understanding Habits – Why we do what we do and how to implement healthy habits</i>
10:00-10:15	Break
10:15 – 11:30	<i>Understanding Sugar - The Blood Sugar Rollercoaster</i> <i>What Makes a Healthy Meal – macros and portion sizes</i> <i>Make & Take – Power Bowls and Salads</i>
11:30 – 12:30	LUNCH
12:30 – 1:45	<i>Healthy Eating for Kids – Importance of Nutrients for Growth</i> <i>Reading Labels - Making Healthy Choices</i> <i>Make & Take – School Lunches for Kids</i>
1:45 – 2:00	Break
2:00 – 3:15	<i>Healthy Snacks and Alternatives to Sweets</i> <i>Make & Take – Healthy Snack Ideas</i>
3:15 – 3:30	Q&A

DAY TWO

Time	Session
9:00-10:00	<i>Starting the Day Right - How Sleep Effects our Bodies</i> <i>Make & Take – Healthy Breakfast Ideas</i>
10:00-10:15	Break
10:15 – 11:30	<i>Meal Planning – Creating Simple Meal Plans</i> <i>Grocery Shopping on a Budget</i>
11:30 – 12:30	LUNCH
12:30 – 1:45	<i>Cooking Basics and Healthy Dinners at Home</i> <i>Make & Take – Dinners and Healthy Desserts</i>
1:45 – 2:15	Q & A

Pricing

Please contact Michelle Walker at michelle@michelledawncoaching.com to discuss pricing options for each workshop.

Door prizes pertinent to each workshop can be included for an extra fee if desired.

Mileage to be billed separately.

Special Offer

With the commitment of four "Make & Take" sessions, the Healthy Habits Session will be provided free of charge.

Contact Us

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