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Unleash Your Inner Goldilocks: How to Get It Just Right

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July 16th 2018: Mindful Planning for Health and Wellness

"The first wealth is health" was the assertion made by Ralph Waldo Emerson and most of us will agree that is the case in life. In a material society, even when individuals chase monetary and material wealth at the cost of their health, there comes a time in their lives that they realize the error of their ways. If health is so important what are some of the things we need to be mindful of? Mindfulness starts with self. How can we develop the quality or state of being conscious and be aware of health and wellness related matters? How do we plan our eating habits? How do we plan our physical act

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### **Featured Guest**



#### Mike Henry

Mike Henry is an educator and practitioner with over 40-years of experience in academia and business. He has been instrumental in guiding young and non-traditional learners towards reaching their aspirational goals.

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