

Empower Your Life

Presented by Dr. Karen Maxwell



Take a moment to examine your life personally and professionally. What came to mind? What does your life look like, feel like? Have you reached all your life's goals, or do you feel there is something more? How do you get from where you are, to where you want to be?

What most people don't understand is that they hold the answers to fulfilling their life's purpose. The information presented in each workshop is a collection of ideas and proven studies created by many professionals in the health care field and compiled together over the past 20 years of study by Dr. Karen Maxwell. The content and principles are directly linked to the promotion of a fully functioning individual physically, emotionally and spiritually.

Our Most Requested Workshops



Dr. Karen Maxwell, DC

Dr. Karen Maxwell owns and operates a Holistic Wellness Center in Roanoke, VA. She is internationally recognized for her center's service to families from all over the world. Because of her unique specialties and healing approach, people travel great distances to heal and study under her. Utilizing low force chiropractic techniques, nutrition, goal setting and energy balancing, her patients have experienced a greater sense of health and wellness.

Good Stress-Bad Stress: It's all about your reaction

Stress can occur on many different levels such as physically, chemically and emotionally. The key to living a wellness life style is all about your reaction to the stressors in every situation. In this workshop learn what these stressors are, how they affect each area of our lives and what can be done to create a positive outcome for any situation.

Setting Measureable Goals: For your Health & Life

Many times we set goals, but then never create the steps to accomplish them. Understanding how the subconscious mind plays a bigger role than the conscious mind in achieving the goals you set, is the first step. This workshop will teach you how to "update" your subconscious mind utilizing B.E.S.T. Release. Take the first step to fulfilling your health and life goals!

Stinkin' Thinkin' - What you Think About you Bring About

You know the old saying, "You are what you eat"? In this seminar we are changing that slogan to read, "You are what you think". Learn how to increase your self-esteem, get that promotion or raise, create anything and everything you want in life. Let go of the old and allow the new to come flowing in...

To eat or not to eat? That is the Question

Are you confused about what to eat, when to eat or what foods should be or should not be combined? How about "fad diets"? Do they work? Are they healthy? In this workshop you will come to understand that eating healthy doesn't mean giving up the foods you love. Throw out that food pyramid and get ready to learn how to feed your body with healthy, nutritious and delicious foods.

For more information or to schedule a workshop contact:
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