



# 8 Pillars of Wellness

## Impact on Lifelong Personal Health

**Speaker: Christopher Salem, Motivational Speaker**

Come learn what the 8 pillars are and how incorporating any or all of them into your daily life will keep you healthier and happier as you age into retirement and beyond!

**Location:** Greenknoll Branch of Regional YMCA of Western Connecticut at  
2 Huckleberry Hill Road, Brookfield CT 06804

**Date:** Tuesday, March 7, 2017 1:30pm - 2:30pm

**To Register:** Contact Debbie Nichols at 203.775.4444 x136

**Healthy snacks will be served. Attendees participate in free raffle.**

**Find out more about our NEW AGING MASTERY PROGRAM!! Coming in April!**

**FREE!!! Open to the Public**



**CHRISTOPHER SALEM**  
RESOLVE THE ROOT CAUSE - CREATE PROSPERITY



CHRISTOPHER SALEM



## Speaker: Christopher Salem, Motivational Speaker

**Bio:** Chris Salem is accomplished international keynote speaker, change strategist, best-selling author, peak performance mindset trainer, and wellness advocate focused on resolving the root cause to emotional and physical barriers so entrepreneurs and business leaders can have sustainable success at the next level. He has a special passion for empowering them to take their business and life to another level by operating in the solution rather than the problem. Chris shares from experience what has worked successfully for him through understanding the root cause behind the effects of limiting patterns in our lives. He is the originator of the term Prosperneur™ – an individual whose health and wealth are in alignment in a way that leads to true prosperity. His book *Master Your Inner Critic / Resolve the Root Cause – Create Prosperity* addresses this and went international bestseller in November 2016.

**To Learn More:** Check out Christopher Salem's website at [www.christophersalem.com](http://www.christophersalem.com)



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