

Press Release

FOR IMMEDIATE RELEASE

Maximize Your Potential for Life Success

by Gina Van Luven

February 23, 2012 – Wellness Speaker, Author and Coach Gina Van Luven will be offering a two-hour interactive workshop on how you can maximize your potential for success in every area of your life through focus on “bio-individuality.” Hippocrates once said, “One man’s food is another man’s poison.” This statement also holds true for career, relationships, physical activity, lifestyle and environment. The workshop will take participants through a process of discovering what is really most beneficial for them versus what could actually be causing them harm.

Van Luven says, “So many people have a misunderstanding about what they think is healthy. I just want to help people understand what food and lifestyle choices are really best for them as a unique individual.” The workshop will be held Monday, March 5, 2012, from 7:00 – 9:00 pm at the Transformation Station on 970 East 3300 South in Salt Lake City, Utah. Cost for the class is \$45 and will cover all materials. Healthy snacks provided. For class details, please visit www.YOUniqueNutrition.com/events.htm or call (435) 565-2062.

Several wellness experts will also be present to answer questions about how to improve long-term health and vitality. Experts include, Gina Anderson of Migun Wellness Center, Karin Carestia of Alpine Apothecary, Leanne Olson of Double Helix Health and Beauty, Marty Harger of Balance Therapeutic Massage and Wellness Center, Dr. Shannon Parisi and Dr. Suzanne Cronin of Salt Lake City Chiropractic, and Dr. Uli Knorr of Eastside Natural Health Clinic.

Gina Van Luven is a Holistic Health Counselor certified with the American Association of Drugless Practitioners and Columbia University. She practices in Park City and Salt Lake City, Utah coaching clients how to reach their health goals using a “whole body” approach (diet, lifestyle and environment). She presents workshops and lectures to a variety of organizations on living a healthy, balanced life. Please contact her for more information at (435) 565-2062 or visit her website at www.YOUniqueNutrition.com.

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