



Southshore Wellness, L.L.C.

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Popular Wellness Topics

These engaging presentations typically take 30-45 minutes with 15 minutes of Q&A

- Life in the Fast Lane: How to Fit Healthy Living into Your Hectic Lifestyle
- Eating Healthy on a Budget
- Top 5 Nutritional Pitfalls and How to Avoid Them
- Eating Out 101: Making Smart Choices Away from Home
- Stress Management 101: How to Reclaim Your Life
- Grocery Shopping for Your Health
- Ten Weight Loss Myths You Will Be Glad to Hear
- Raising Healthy Kids in a Fast Food World
- Fitness on the Fly: Strategies for Working Adults
- Today's Most Popular Diets: The Pros and Cons
- Aging with Grace and Vitality
- Decoding Food Labels
- Fitness on a Budget
- The Vegetarian Way: Healthy Plant-Based Eating
- Mindfulness and Meditation
- Intuitive Eating
- Portion Control and Weight Management
- Mastering the Slow Cooker: How to Make Easy and Healthy Meals