

# T O Y O U R H E A L T H

## Wellness Workshops in Napa Valley

We are the change agents who bring transformational moments to your meeting or event. We help people get healthy, focused and productive with tools to relieve tension, effectively manage change and inspire purposeful action. Everyone today is living with increasing amounts of stress and uncertainty. We offer permission to relax and create accessible opportunities for energy recharging, increased creativity and self-nurturing.



### **Sharon Ufberg, Radio Host and Health Journalist**

Senior Integrative Practitioner, Lead Consultant at GoodAdviceWorks  
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Dr. Ufberg hosts Wednesday Wellness Wakeup on KVON/KVYN radio and Alive and Kicking on NPR's 51% radio and is lead consultant for GoodAdviceWorks. As a seasoned integrative health practitioner, she spent over 30 years in private practice specializing in chiropractic care, breath work, guided imagery and exercise rehabilitation. She is an active advocate to empower women and men to take responsibility for their own health care and wellness. Dr. Ufberg is an international leader and activist in the areas of global women's health and safety, economic self-sufficiency, domestic violence and human trafficking. She is a delegate to the United Nation's Commission on the Status of Women.



### **Becca Pronchick, Chief Relaxation Officer**

Health & Wellness Coach with Permission To Relax, Ananda Yoga, Meditation & EFT Instructor  
bp@beccapronchick.com    beccapronchick.com    707-253-8733

Becca Pronchick weaves heart-felt spiritual principles and practices into transformational healing. She combines years of corporate and entrepreneurial experience with spiritual training to create an environment for you to connect with your inner wisdom and guidance, overcome obstacles, create a plan to move into inspired action for a healthy lifestyle with confidence and joy. She has succeeded as a corporate administrator, free-lance photographer, Ananda yoga/meditation instructor, EFT practitioner and health/wellness coach and is the author of Visioning Journal, Guided Meditations and Chakra Chants.



### **Judy Cameron, Rapid Results Coach**

Life Transition, Qigong and EFT Coach  
judycameron@rocketmail.com    judycameron.com    415-302-7320

Judy Cameron teaches in a compassionate, caring manner and uses her intuitive guidance to bring unique and powerful insights as well as rapid results to her clients. Thirty years experience as a research nurse at UCSF in OB-GYN and Ovarian Cancer research inspired her to search for natural and ancient modalities to prevent stress and disease. She has four areas of focus: Life Transitions- specializing in divorce, grief, illness and job loss recovery, Inner Destinations - a holistic health retreat company, Metaphysics of Money and Corporate Stress Relief.

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### Workshop Topics may include:

- Get Quiet, Get Clear and Get Going
- Tap Into Your Healing Power
- Yoga and Meditation for Balance, Strength & Flexibility
- Wellness from the Inside Out: Integrating Your Health; Body, Mind and Spirit
- Looking for Your Inner Goddess?
- Recharge Your Battery; Lead with Success
- Walking Tall with Confidence and Power: Posture and Stride Training
- Natural Stress Relief with China's Ancient Healing Art – Qigong
- Clear Your Subconscious Blocks to Health and Wealth

### People are talking about To Your Health:

"I have really appreciated learning how to walk biomechanically properly with Judy. I've slowed down to learn this method, and so my body could heal from injuries, and am now back to running without any pain after only three months. And I am 54 years old. I know I am stronger and look better too. It was Judy's uncanny ability to see my core issue of pushing too hard that allowed me to unlock my potential - not just in my running but in my life. Everything is easier now."

– Stan Lobeck, Ross, CA

"As a founder of Beth Israel Medical Center's, Center for Health and Healing, I had the pleasure of working with Dr. Sharon Ufberg. I was impressed with her dedication to a truly integrative approach to health and healing. She readily collaborated with medical physicians and health practitioners to ensure best outcomes. Dr. Ufberg regularly taught and participated in the weekly case conferences with the Integrative Fellows and medical students from Albert Einstein Medical School here in New York City. Her knowledge and openness to the full spectrum of healing options for patients was always a great addition to our healthcare team."

– Barbara Glickstein, RN, MPH, MS, Co-Founder & Former Director, Continuum Center for Health & Healing, Beth Israel Medical Center, NY, NY

"I highly recommend Becca Pronchick as a coach. She has truly helped me to change my life. With her support, guidance, and visioning, I've been able to attain all of my important goals: A wonderful new career and job that is the perfect match for my talents and interests; daily spiritual practice and physical exercise; vastly improved health and vitality; lovely relationships with my family and significant other; a very comfortable financial situation and outlook for the future and a renewed self-confidence and excitement about the coming years. Through working with Becca, I've come to understand who I am and what I really want in life – and I've realized that taking care of myself is just as important as all my other life goals."

– Kathy Anttila, Marketing Communications Consultant



## Make your next Napa event one to remember!

ToYourHealthNapa.com