



# DR. TOVAR

Dr. Tovar has been blessed to speak in front of hundreds with her acclaimed “Get Naked Series” a personal growth program she developed to help people identify obstacles and redirect their energy to live the life of their dreams. She has also been speaking to her mission group for the last 10 years where she leads teams to service in third world countries. Additionally, she has been a wellness chiropractor for the last 18 years in Miami and loves to teach others about the power of self-healing and full self-expression.

## **SOME TOPIC PRESENTATIONS SHE OFFERS AT COMPANIES, CHURCHES, GROUPS OR SEMINARS ARE:**



**Three keys to a happy life= Learning ways to improve your natural happy state and exercises to use daily to stay happy.**

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**How to prevent the top three causes of death in united states= learning the ways to prevent disease formation and maximize your health.**

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**Letting go to Rise in all areas of your life= Learn the keys to living with less stress and improve your productivity**

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**Lose Weight and keep it off- the habits of health that will keep you reaching and maintaining your ideal weight.**



**Headaches? Back Pain? Suffering? Why? The answer to suffer less and live more**

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**More productivity at work= Quick ways to improve your energy at work while maximizing your productivity.**

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**Live the active life: Learn the basic physical activity guidelines for health and fitness.**

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**Deskercise: Learn how to incorporate beneficial activities without leaving your desk.**

Presentations can be tailored to meet the needs of your staff. Most can be delivered in as few as 15 minutes or for as long as one hour. Customizable presentations, workshops, and events are available by request.



Part of Dr. Tovar's mission is to help her community live healthier and fuller lives. Hence she has developed "lunch and Learn" talks to reach the companies and families near our office. This is a FREE community service to help people improve their health, decreasing workplace absenteeism while increasing productivity.

If you have any questions regarding Dr. Tovar's experience or booking details. Do not hesitate to contact us at **305-221-4949**.