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Recent Workshops and Conferences

Julie Lusk

Julie Lusk is a popular speaker on stress management, mind/body techniques, wellness strategies and Desktop Yoga™. She has recently been to the following places or is scheduled for an upcoming session. Please contact Julie by email or call 513-576-6662 for information or to make plans for her to come to your organization.

Examples of Recent Company Presentations

Medco Health
United Health Care
UMR
Cincinnati Paralegal Association
Winton Savings & Loan
Speaking of Women's Health 2001, 2002, 2003
University of Cincinnati
Anthem Blue Cross Blue Shield
American Business Women's Association
Wyoming School Foundation
E. W. Scripps Howard
Community Link

Fidelity Investments
Procter & Gamble
Lenscrafters
Digineer
Cinergy
Clermont County Chamber of Commerce
Ethicon Endosurgery / Johnson & Johnson
Mt. Notre Dame Sisters
Butler County ECS
Great Oaks
and more...

Examples of Recent Conference Presentations

National Court Reporters Association
Desktop Yoga Presentation
Philadelphia - 2005

Psychology of Health, Immunity and Disease
NICABM Conference - Hilton Head, SC
Resident Yoga Teacher
2003-2005

Speaking of Women's Health - Cincinnati, Ohio
Desktop Yoga TM
3 Years

Kripalu Yoga Center - Lenox, MA
How to Lead Yoga Nidra and Guided Imagery Effectively
5 Years

National Wellness Conference - Stevens Point, Wisconsin
How to Lead Guided Imagery Sessions
Yoga: The Original Wellness Program

National Flute Convention - Columbus, Ohio
Controlling Stage Fright with Desktop Yoga™

National Wellness Conference (6 hour pre-conference workshop) *Hospital-Based Holistic Centers: A Work in Progress* - Pre-conference workshop that gave an inside look at how a major hospital system is integrating holistic health into the continuum of care. Focused on the vision as well as the realities.

National Wellness Conference (major presentation)
Retail vs. the Clinical Model for Holistic Health Centers

National Wellness Conference
Desktop Yoga Workshops and Book Signing

Association for Worksite Health Promotion Conference
Orlando, Florida

Radio Interviews

55-WKRC in Cincinnati

WVXU and the X-Star Radio - 91.7 FM