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Testimonials

DARE to Relax Julie Lusk

Ethicon Edno-Surgery, Inc.

100% rated the content as excellent or above average
100% rated the speaker as excellent or above average
100% rated the program as excellent or above average

- Everything was interesting. I liked the relaxation exercises.
- I learned relaxation tips to gain more energy.
- I learned how to relax in short periods of time. I liked the 2-minute nap.
- I learned techniques to help relax and reduce stress. I hope some of these techniques will help reduce my stress at work.
- The program reiterated things I know, but was good to have confirmed. I liked the stretches.
- I learned to release stress with little time and quickly. How food plays a part in stress and illness. The instructor had excellent content. Very beneficial.
- It's important to take time to relax and reduce stress.
- I appreciated the ideas that were relevant to my situation.
- Thank you

Johnson & Johnson Health Care Systems

100% rated the content as excellent or above average
100% rated the speaker as excellent or above average
100% rated the program as excellent or above average.

- The stress fighting techniques allow me to be more focused and therefore a better team player
- How to relax at work when things get you down. Reinforced healthy eating and its benefits
- Things I can do to minimize the effects of stress on my life
- The info and exercises motivated me to start exercising again and to start yoga
- To try and think more positive thoughts
- I'd like more information on journaling
- The info on the mind/body connection was excellent
- Stop being a perfectionist – I am one and it is stressful
- You have reinforced the idea that I can do anything I put my mind to!!