



# Deborah Myers, JSJ, AMT

*acupressurist and healthcare educator*

## Workplace Wellness with a Difference

Many people today are looking for ways to reduce stress, boost immunity, stay well on the job, and stay active throughout their daily activities — without relying on medication. Deborah Myers developed easy self-help acupressure methods in response to her own journey following a car accident. She learned to heal herself without surgery. Today she shares her wellness wisdom with people of all ages and occupations. Her proven self-help techniques can be used anytime for:

- Wellness in the Workplace
- Self Care
- Caregiving
- Overcoming Obstacles to Learning
- Improving Mental Clarity and Physical Performance

Deborah Myers, founder and Director of Deborah Myers Wellness, is passionate about empowering others to live life in a balanced and healthy way. In her private practice as an Acupressurist and Jin Shin Jyutsu practitioner, she has assisted clients in their search for stress reduction, pain relief and healing.

Deborah's ability for empowering others through coaching and workshops, has helped thousands of people discover how they can easily and effortlessly attract what they want in their lives and have health at their fingertips. Deborah's workplace wellness programs are bringing success and vitality to many businesses. She is the creator of a program designed to support the well being of children in the classroom and at home. It is also available as a program for grown-ups for work, home and life. Daily Clean Your House Flow® kits include an animated video and companion book.

## What People Are Saying...

"Deborah Myers taught a workshop in which our employees learned techniques for stress reduction and dealing with headaches and pain. After the workshop, we noticed immediately that our work force attendance improved. Employees were doing the energy movements during breaks and showing others how to deal with neck and back aches. Give Deborah the opportunity to teach you, and your staff, these natural acupressure techniques."

*Gayle and Arnie Carston, Owners of World of Carpets One*

"Deborah Myers has led several stress reduction workshops for my Workforce Health employees. They greatly appreciate learning how to be proactive and share techniques to mindfully lower the negative stress levels of their employees....."

*Jeannie Calverley, Area Manager Employer and Community Relations  
Workforce Health Initiative, Santa Rosa Memorial Hospital*

"Deborah Myers presented a workshop in which she taught easy to use acupressure techniques designed to reduce stress and anxiety, promote healing and enhance over all general well being. The information was beneficial to everyone in attendance, as well as to our patients. We believe that what she has to offer can be as useful to your office as it is to ours."

*Dr. Jay Bansal, LaserVue Eye Center*

## Deborah Myers Wellness



Restore ✿ Relax ✿ Rebalance  
Tools for Resilient Healthy Living



*easy self-help acupressure for kids and grown-ups*

# Wellness Workshops

## Antidote to Stress

In this workshop your employees will learn how to reduce the symptoms of stress, break free of old patterns, and change how their bodies react to environmental stressors.

### Learn:

- How to increase vitality and personal performance
- How to have more gain and less strain throughout the day
- How to manage stress and let go of accumulated tension and pain

## Leveraging Your Work Force

Your employees can be healthier and more productive. People make your business stand out — show your customer base that your staff is engaged and productive. THAT will translate to satisfied customers.

### Discover:

- How to improve employee health and wellbeing, resulting in less absenteeism and fewer on-the-job injuries
- Techniques to increase productivity, clarity and focus
- How to improve employee job performance and retention

## Recovery from Trauma

Accelerating healing the mind, body, and spirit after traumatic events

## Publications

Daily Clean Your House Flow® kits: Simple tools to sweep away stress in 10-minutes

- Daily Clean Your House Flow Animated Video
- Easy Self-Help Acupressure for Grown-ups
- Easy Self-Help Acupressure for Kids and Families
- Easy Self-Help Acupressure for Students and Teachers

Health at Your Fingertips Energy Balancing Care Guide



## Energy for Fitness

Your staff will be healthier, more productive, and more effective when their daily activities include exercise and movement. Learn how to get more out of exercise and how to avoid injury or distress to the body.

### Your staff will learn how to:

- Enhance their exercise programs
- Relieve discomfort and pain
- Recover from exercise
- Boost their immune systems

*Programs can be customized to fit the needs of your organization or workplace.*



## Deborah Myers

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## Partial Client List

- ★ Lagunitas
- ★ Medtronic
- ★ Traditional Medicinals
- ★ Laservue Eye Center
- ★ Santa Rosa Memorial Hospital Work-force Health Initiative programs
- ★ Sonoma County Community Action Partnership
- ★ Sutter Hospice Employee Symposium
- ★ Sutter's Integrative Health Services
- ★ Varena Retirement Community
- ★ Sonoma Development Center
- ★ Moldovan Academy
- ★ Parkpoint Club
- ★ Airport Club
- ★ Massage Envy
- ★ Kaiser Santa Rosa
- ★ World of Carpets One