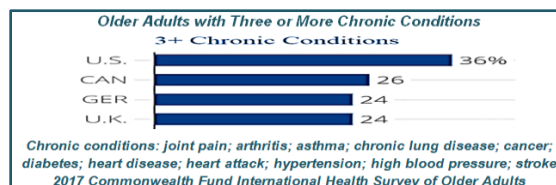


ProactiveHealth® Initiative



'Lifestyle Medicine involves the use of evidence-based lifestyle approaches such as stress management, healthful diet, regular physical activity, adequate sleep, avoidance of risky substance use, and other non-drug modalities, to prevent, treat and reverse chronic conditions'

Purpose of Our ProactiveHealth® Lifestyle Medicine Skills **Proactive Solution to Spiraling Medical Costs for Chronic Illnesses**



Lifestyle Medicine Self-Care Skills Prevent and Reverse Chronic Conditions
Evidence-based relief of hypertension ◇ inflammation ◇ arthritis ◇ osteoporosis

Stress Relief with Delightful Dynamic Relaxation Skills ◇ Move Breathe Smile®
Immunity Enhancement with Toxin Elimination thru Interstitium ◇ Silken Strength®
Bone Strengthening with Self-applied Site-specific Lateral Osteogenic Loading ◇ Osteotap®
Prevent and reverse hypertension; chronic inflammation; arthritis; diabetes; osteoporosis

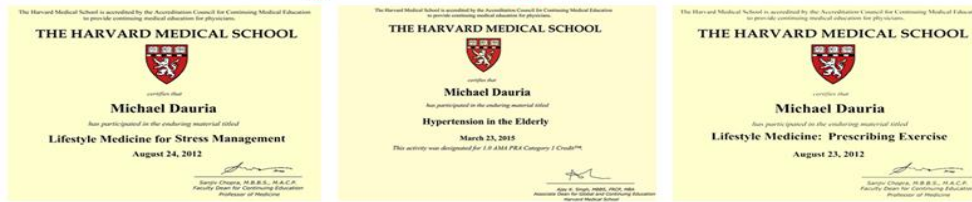


ProactiveHealth® Initiative for Lifestyle Medicine Self-Care Skills
Promotes the generation of new knowledge and concepts in health care innovation
Designs; develops; implements; evaluates; ProactiveHealth® pilot projects
Seeks partnership on grants for ProactiveHealth® Initiative projects

Please contact Michael Dauria at 860-578-2465 or healthdllc@gmail.com

ProactiveHealth® Initiative

Lifestyle Medicine ♦ Knowledge ♦ Skills ♦ Self-Care
Preventing and Reversing Chronic Conditions



ProactiveHealth® Lifestyle Medicine Self-Care Skill Sets

Move Breathe Smile® ♦ *Delightful Dynamic Relaxation to Transform Stress into Vitality*

Activities: Slow Moves; Full Deep Breaths; Calm Awareness; Movement-Based Embodied Contemplation

Benefits: Stress Relief; Reverse Hypertension; Regulate Blood Pressure; Improve Epigenetic Gene Expression

Science: Full deep breathing patterns self-regulate autonomic nervous system for relaxation response (Harvard Medical)

Stimulation of vagus nerve resets autonomic nervous system; diaphragm acts as auxiliary pump for heart muscle

Silken Strength® ♦ *Soft Silky Moves for Immunity Enhancement*

Activities: Graceful Gentle Stretches; Sequential Squeezing; Soft Tapping Brushing; Feather-lite self-massage

Benefits: Immunity Enhancement; Lessen Chronic Inflammation; Relieve Arthritis Soreness; Eliminate Toxins

Science: Enhance Fluid flow thru Interstitium to lymph nodes that filter toxins; pathogens; abnormal cells

Interstitium just 'discovered' as our largest organ; unitary structure and function for lymphatics (NYU Medical 03-27-2018)

Osteotap® ♦ *Gentle Self-Care Tapping Brushing for Bone Strength and Vitality*

Activities: Ultra-gentle, Brisk Tapping Sequences; Self-applied Lateral Osteogenic Loading; No Impact on Joints

Benefits: Builds Cortical and Spongy Bone Tissues; Site-specific Bone Strengthening; Vibrations revitalize marrow

Science: Increased Bone Matrix after Medio-lateral Mechanical Loading; Promotes Osteogenesis; Stem Cells (NIH)

Osteotapper® ♦ *Self-Care sets available exclusively with our Osteotap® Skills Segment*



Gentle Soft Rattan Brush-tapper



Gentle and Brisk Osteotapper set



Brisk Bamboo Reed Osteotapper

Skill set guidelines for effective use... precautions... ages nineteen to ninety-five



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ProactiveHealth® Initiative

Our ProactiveHealth® Initiative accelerates pace of innovation

We meet the vital need for self-care skills to relieve stress and lessen chronic inflammation

AMA reports that 75 to 90 percent of all doctor visits are for stress-related issues.

APA reports chronic stress links to six leading causes of death: heart disease; cancer; lung ailments,

Move Breathe Smile® Skills are key self-care activities for stress relief

Simple formula for a delightful version of our dynamic relaxation sequence

Certain types of moves help switch off symptoms of stress in our bodies

Move Breathe Smile® is our movement-based embodied contemplation skill set to relieve stress and anxiety

Attention to bodily sensations, cultivation of interoceptive, proprioceptive and kinesthetic awareness is at the core of our movement-based embodied contemplation skill set we call Move Breathe Smile®. 'Cognitive neuroscience is shifting from predominantly disembodied and computational views of the mind, to more embodied and situated views. These suggest that mental functions are better understood with reference to the physical body and the environment in which they are experienced. Within the field of contemplative science, the directing of attention to bodily sensations often is studied in the context of seated meditation and mindfulness practices'. Movement-based activities like our Move Breathe Smile® skill sets 'prove to alleviate the symptoms of various clinical conditions; elicit measurable changes in physiological stress markers; cognitive functioning sensorimotor acuity; and healthy emotional states'. We welcome the opportunity to consider teamwork for innovation grant funding for stress relief studies for groups like cancer survivors, veterans and seniors.

***Complementary ProactiveHealth® Skills at Senior and Community Centers since January 2015
1000s of attendees gain health benefits from sessions... Ages 50 to 90+... from 80 mile radius***

Osteotap®... self-applied laterally directed tapping



Michael passing out Gentle Rattan Osteotappers.

no impact on joints... alleviates osteoporosis



Robert demonstrates Brisk Osteotap® Sequences

We develop evidence-based skill sets for Social and Emotional Learning projects

We recently received Grants for SEL at King Phillip Middle School, West Hartford, CT with ProactiveHealth® skills to reset stress signals
"Move Breath Smile® program addresses Social Emotional Learning from a physical and experiential perspective rather than an academic perspective. It empowers participants to take control of issues such as panic attacks, high blood pressure, rapid pulse rate, asthma, difficulty breathing, lack of energy, tension, anxiety and persistent stress. Students with persistent stress from trauma, emotional issues, anxiety, depression or a general inability to cope with the challenges of adolescence have great difficulty accessing their education."

ProactiveHealth® Lifestyle Medicine Self-Care Skills prevent and reverse Chronic Conditions

Please contact Michael Dauria at 860-578-2465 or healthedllc@gmail.com

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ProactiveHealth® Initiative

Leadership

As Leaders... We inspire people to learn to make healthful lifestyle choices
As Teachers... We energize them with proactive healthy living skills to prevent illness
As a Team... We aspire to help all people enjoy healthy vitality and happier lives

We are a small team of Smart Creatives bound for Massive Impact

We start with why... figure out how... make what works... with joy and delight
We are scholars... storytellers... music makers... artists... poets... dreamers
We dream up new ideas... conduct tryouts... gather feedback... refine and upgrade
We create engaging ProactiveHealth® Self-Care Skill Sets... fun to learn... fun to share
We develop proactive lifestyle medicine teachings for healthcare professionals... caregivers

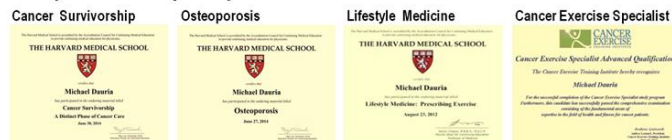
Help ♦ Teach ♦ Delight

Alan... software engineer... IT consultant... web developer... technology director
Robert... science educator... breathwork specialist... global marketing director
Sandra... fine artist... graphic designer... content advisor... artistic director
Michael... ProactiveHealth® founder... medical fitness specialist... innovation director

Alan, Robert, Sandra, Guy and Michael are thought leaders who generate inspiration and wholehearted smiles
Innovators with proven action plans for ProactiveHealth®... leading a transformation from costly reactive sick care
Inspiring people to learn joyful ways to prevent and reverse chronic conditions and have healthier happier lives.

Michael is a mind-body activity specialist and innovation director at Health Education Services LLC. He creates and develops
delightful evidence-based mind-body activity programs for organizations, agencies and Senior Living Communities.
ProactiveHealth® Skill Programs provide benefits validated by authoritative scientific research and authenticated with
Lifestyle Medicine Certifications from Harvard Medical School. Michael is author of numerous mind-body journal articles,
Member of American College of Lifestyle Medicine and Member of National Association of Chronic Disease Directors

Lifestyle Medicine Specialty Certifications



Mind-body Teacher Certifications



US Marine Corps Service



Michael is an honorably discharged US Marine Captain Vietnam Veteran with over four years active service. He had command and leadership responsibility
for teams from three to three thousand US Marines. Expertise in fitness, extreme body conditioning, injury recovery and prevention led to his creation
of Our Mindful Moves®, Move Breathe Smile®, Silken Strength® and Osteotap® for bone vitality evidence-based ProactiveHealth® Skills Programs.

ProactiveHealth® Lifestyle Medicine Self-Care Skills prevent and reverse Chronic Conditions

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