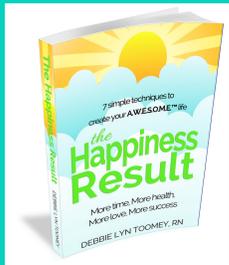




DEBBIE LYN TOOMEY

AUTHOR | SPEAKER | COACH
LAUGHTER YOGA LEADER



"This book beautifully weaves sound research, interesting stories, and an abundance of experience. There is no doubt that if you follow Debbie's AWESOME advice, the result will be more happiness and health."

~ Tal Ben-Shahar Ph.D.

CONTACT ME

617-433-8814

info@HealthandHappinessSpecialist.com

www.HealthandHappinessSpecialist.com

 fb.me/debbielyn.toomey

 @UHJDebbieLyn

 linkedin.com/in/DebbieLynToomey



HEALTH AND HAPPINESS SPECIALIST™

Debbie Lyn Toomey is a "Health & Happiness Specialist™" and founder of Ultimate Healing Journey, LLC. She has been in the health and wellness field for over 30 years. She is passionate about combining her success stories with research-proven skills to empower people to achieve longlasting health and happiness.

Debbie's programs are educational and engaging. Her enthusiasm and dynamic presence have made her a highly sought-after speaker and trainer.

She's had rave reviews at hospitals, senior centers, cancer centers, low-income housing, schools, universities, and companies.



HEALTH AND HAPPINESS SERVICES



1. Activities for Clients or Company Events: Two fun & unique group activities to choose from. Can be done sitting or standing.

- **Laughter Yoga** - Relax the body/mind and burn calories through hearty laughter and deep breathing. No yoga experience needed.

- **Beautiful Mind** - Enhance cognitive function and calm the mind with brain exercises and mindfulness techniques.

2. Programs for Professionals' Well-being/Team Building: Based on the fields of Positive Psychology (the science of happiness) and Mindfulness. Choose one or more of the following.

- **Positivity in the Workplace** - Learn a strengths-based approach to team dynamics and communication at work.

- **Mindfulness for Self-Care & Stress Reduction** - Shift from stress to success within minutes with powerful mindfulness skills.

- **Resilient Helping Professional & Caregiver** - Avoid burnout and compassion fatigue through easy to use techniques that can be implemented in the midst of a crazy busy day.

Email info@HealthandHappinessSpecialist.com to learn more.



LIGHTS UP THE ROOM!

"Debbie is amazing. She grasps the audience with her energy and lights up the room! All her lectures are always evidence-based, so she really captures the intellect while keeping it light and fun."

- Karen Dowler, Professional Development Manager of Perioperative Services at Tufts Medical Center