

# NANCY MICHLIN, M.ED.

Certified Health Coach © Motivator © Survivor



Empowering *others to prevent*  
*disease or* TRIUMPH *and* FLOURISH  
*in spite of it!*

Get On

BREATHE! ACT! SMILE! EAT!

B.

A.

S.

E.



Photos by Zuilma Photography

Put The *LIFE* Back In Your *STYLE!*

- © Learn the four pillars to health and wellness!
- © Be empowered to take charge of your health!
- © Supercharge your health with a mental switch!
- © Chose a lifestyle your body will love!

Keynote and Breakout Presentations are available in varying lengths to fit the needs of your event and audience.

## BREATHE!

Staying Healthy One Breath At A Time!

- © Learn the root cause of chronic illnesses
- © How your cells respond to your thoughts
- © Oxygen fuels your body & mind
- © A game plan to combat stress

## ACT!

A Body in Motion Stays Healthy!

- © Why exercise is critical for good health
- © Discover your ACTION
- © Find time to MOVE toward wellness

## SMILE!

The Healthiest Curve You've Got!

- © Adjust your outlook to magnetize your life
- © The greatest insight to a healthier life
- © How to activate your smile

## EAT!

Eating Healthy is Not a Fad. It's a Lifestyle!

- © The Food Hoax: Not everything we've been taught is true
- © Food either moves you toward illness or health
- © Eat outside the box
- © Toxic Waist: Lose weight without dieting!
- © You are what you eat - don't be cheap, easy or fast!

# Survive © Conquer © Thrive

Book Nancy Now! 817.900.8767 © Nancy@BackToHealth4Life.com © BackToHealth4Life.com

Photo by fightlikeagirl.info



Nancy Michlin and her husband, Dr. Chris Michlin, own and operate Back To Health Family Chiropractic. While Nancy enjoys her position as the C.E.O. of the clinic, her passion is coaching and educating patients on health and wellness.

Nancy thought she was living a healthy lifestyle. It was when she was diagnosed with breast cancer in December of 2011 that she realized there was much more to truly living healthy. Thus began her quest to learn as much as she could about the pillars of whole body health. She transformed her entire way of life. Her story was featured on CBS11 news in Dallas/Fort Worth and is posted on The Next Chapter Medical City Dallas, the Susan G. Komen Fort Worth, and I Fight Like A Girl websites. Nancy was also highlighted in the video Stripped: Deconstructed + Reconstructed.

Nancy has a Master's degree in Instructional Systems Design and is now a Certified Health Coach. She has opened a sister company, Back to Health 4 Life!, based on four pillars of optimum health: Get On B.A.S.E.! (Breathe! Act! Smile! Eat!). Nancy is a Wellness Consultant, Health Coach and Motivational Speaker on the principles of living a healthy lifestyle. Nancy's mission is to educate, inspire, and empower others to make healthy life choices to prevent disease or triumph and flourish in spite of it!

Nancy has given motivational presentations all over Texas on a variety of healthy living topics, designed to meet the needs of each audience. Just to name a few of the organizations, Nancy has inspired people at Medical City Dallas, Center for Cancer and Blood Disorders, YMCA, Willoughby Half Way House for Boys, Over 40 Females and Own Your Own Universe Women's Retreat. She was also a guest on Love, Trust, & Pixie Dust Radio talk show.

Nancy's energy is contagious, and she is devoted to energizing others to take charge of their own health! Let's all get Back To Health 4 Life!

## Keynote, Breakout Sessions Seminars, 1-on-1 Coaching

- ⦿ **Get on B.A.S.E!** Put the LIFE Back in Your STYLE!
- ⦿ **Breathe!** Staying Healthy, One Breath at a Time!
- ⦿ **Act!** A Body in Motion Stays Healthy!
- ⦿ **Smile!** The Healthiest Curve You've Got!
- ⦿ **Eat!** Eating Healthy Is Not a Fad, It's a Lifestyle!

"I had the opportunity to listen to a wonderful, well spoken, very informative speaker, and her name was Nancy Michlin. She was enlightening and well versed on the matters of healthy living for women diagnosed and who have gone through cancer treatment. She provided great information to ponder as well as action items on the betterment of our lives. Her knowledge was well received. Nancy ROCKS!"

Kenja Brown, Breast Cancer Survivor

*Leave feeling*  
**EMPOWERED**  
**...to take charge of your health!**

"The first time I heard her Nancy speak, I found myself jotting down so many 'golden nuggets,' that at one point I simply took out my phone and began voice recording her—just to make sure I didn't miss anything! And I'm so glad I did. Once I knew I was not in jeopardy of missing anything, I was able to sit back and enjoy the presentation. Had I continued to feverishly take notes, I would have missed soaking in Nancy's high-energy style, which was equally as mesmerizing as the content was compelling. She is a fabulous speaker and I'd love the world to know it!"

Leslie Green, Accomplished Speaker  
Author of Love, Trust, and Pixie Dust & Trust Life Today Blog /Internet Radio Show



"Nancy is a truly gifted speaker who inspires as well as provides practical guidance for better health. She graciously shares her time and expertise with our women's cancer support groups. Each cancer survivor who attends her presentations has been uplifted!"

Jan, Breast & Gynecologic Oncology Nurse Navigator, Local Hospital

**Book Nancy Now!**

**817.900.8767**

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