



Solutions for business prosperity and successful life balance

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**STRONGSVILLE HEALTH COACH TO KICK OFF PPG EMPLOYEE WEIGHT-LOSS CHALLENGE
Indigo Connection founder will present motivation for “The Biggest Loser” contest**

Strongsville, Ohio – The goal of the contest is to lose. Betsy Muller will help them.

Muller, Founder of The Indigo Connection, has been chosen by PPG Industries to deliver the kick-off presentation for its “Biggest Loser Contest” at locations in Cleveland, Strongsville, and Euclid.

According to Patty Law, Manager of Health Services at PPG, the contest is designed to help employees lose weight and improve their overall health, and will include weekly speakers. Muller, she said, we selected to be the first speaker because of her work with energy psychology and her motivational abilities.

“I’ve read about Betsy’s work and with the energy piece behind her I thought she was the right person to help us get this contest started,” Law commented.

Muller, a certified energy health practitioner, will deliver a 45-minute presentation at each of the three facilities titled “Winning at Waist Management.” Her material will include motivating reasons to lose weight, affirmations to make their efforts more successful, and a brief overview of Emotional Freedom Technique, or EFT.

EFT is an innovative self-help technique based on the ancient principles of acupuncture and is used successfully by executives, athletes, professional speakers and holistic health professionals worldwide. EFT involves tapping on specific acupuncture points to gently realign the body’s energy disruptions caused by emotional experiences, difficult situations and stressful memories.

“I teach people ways to integrate EFT into daily life to address challenges such as public speaking, work productivity, relationships, test taking, food cravings, stress, health habits and mental clarity,” said Muller. “It truly becomes a new ‘survival tool.’”

Muller offers courses in “Waist Management” in which she help participants become proficient at EFT while gaining support and losing inches. “We focus on practical ways to use EFT to address anxiety about weight loss, self image, our thoughts about food, healthier food choices, chocolate and sugar cravings, calming our stress eating patterns and providing support for regular exercise,” she explained.

For more information, visit www.theindigoconnection.com or call 440-238-4731.

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About The Indigo Connection

The Indigo Connection, located inside the Inner Harmony Wellness Center at 17075 Pearl Road in Strongsville, Ohio, is committed to making personal growth education and resources widely available through private coaching, affordable group learning opportunities, inspirational programs and collaborations with other educators. Founder Betsy Bartter Muller is a certified energy health practitioner (C.EHP), a certified energy coach (CEC), and a certified medical office manager (CMOM). She holds an MBA in Systems Management from Baldwin Wallace College. Programs offered include Deliberate Life Balance, Creativity, Spiritual Business Leadership, Emotional Freedom Technique (EFT) for Powerful Self-Care, Healthy Relationship Boundaries, Integrity, Energized Selling and Living Your Purpose. For more information, visit their website at www.theindigoconnection.com or call 440-238-4731.