

BALANCED HEALTH TRAINING

What We Do

Training programs that will help you build and strengthen your health and skills for whatever you do: parents, babysitters, healthcare providers, childcare providers, fitness professionals, entrepreneurs, business professionals, and individuals like you.

Training Programs

Health and Safety:

- CPR/AED
- First Aid
- Basics in Babysitting
- Bloodborne Pathogens
- Abuse Prevention
- Body Mechanics

Professional Development:

- Bullying in the Workplace
- Professional Standards in Workplace
- Team Building
- Stress Management
- Communications
- De-Escalation

We are Flexible - *we come to your office, home or convenient place, with flexible hours.*

Private and Group Classes - *we make it easy for you and your schedule.*

Don't see a class listed - *ask us about customizing a class to meet your needs.*

TRIBALANCE HEALTH
spirit + mind + body



Teaching people to save lives through training programs that build the skills and mindset so you know what to do.

tribalancehealth@yahoo.com 203-214-7766 www.tribalancehealth.com