

# Independent Insurance Agents and Brokers of Tucson Monthly Luncheon



Naomi Altergott from Mindful Destinations  
**10 Steps to Keeping Yourself Healthy**



Their mission is to empower people to make lifestyle changes that will improve your health, wealth, and overall happiness. The work they do is preventative wellness through the tools of massage therapy, a more mindful eating plan, exercise, and lifestyle changes.

You Won't Want to Miss This Valuable Information!

Tuesday, March 8th

Lodge on the Desert 306 N. Alvernon Way

11:30AM—1:00PM

Please Register online by Thursday 5pm at:

<http://www.iiabtucson.com/> under the Events tab

We now have the added benefit to pre-select our meals; however, this requires your registration to be complete no later than 5pm the Thursday prior to our meeting.

**Please Register Early**

## Mrs. Naomi Altergott Mindful Destinations

Naomi has grown up and lived in Tucson most of her life. She spent over 30 years in the Mortgage Banking industry, coaching, training, recruiting, and helping teams grow their business. Four years ago Naomi decided to follow her passion and started her own business, Mindful Destinations.

Naomi is a Certified Health and Lifestyle coach, Certified Specialist in Fitness Nutrition Coach, Certified Hypnotist, and Certified Pilates Instructor, and a licensed Life & Health insurance agent. She also provides corporate education courses that help employees be more productive.

Naomi empowers people to live a life of Health, Wealth, & a more focused Mindful life. She supports her clients to live a happy, holistic, and healthy lifestyle.

Naomi is married and has two young puppies. She loves sports, playing golf, reading and gardening.