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Hummingbird Coaching Services to Speak on Wellness Coaching and Positive Psychology at Medical Wellness Forum

CINCINNATI – Sept. 2, 2008 – Hummingbird Coaching Services has been invited to speak on health and wellness coaching at the Medical Wellness Forum, scheduled for September 9-11, 2008 at the Rio Hotel in Las Vegas, Nevada.

Sean Slovenski, Hummingbird president and chief executive officer and a pioneer in online wellness coaching, will co-present a session titled *Health and Wellness Coaching*. Slovenski and Dr. Donna Mayerson, co-founder of Hummingbird and its chief coaching officer, will discuss wellness coaching programs in U.S. businesses, and the advantages of various models including tutorial, telephonic, Web and integrated approaches.

Both speakers will discuss the rising popularity coaching systems, and the need for employers to encourage healthy living among employees and curb the rise in healthcare costs. The presentation is part of the Summit's afternoon session on September 9th.

Mr. Slovenski is also scheduled to present the session, "Positive Psychology," the afternoon of September 10th.

Hummingbird's proprietary online coaching system helps companies encourage healthy living among their employees. MyHealthCoach.com is built on the science of Positive Psychology, and provides coaching, health, and productivity management programs in the areas of weight management, blood pressure and cholesterol control, nutrition and smoking cessation.

The Medical Wellness Forum is among the events sponsored by The Medical Wellness Association, <http://medicalwellnessassociation.com/>, which provides networking and educational development of all medical practitioners and wellness professionals. Participants in the Medical Wellness Forum will further their understanding of medical wellness, and discover innovative wellness programs and services for their businesses. More information on both the forum and association programs is at <http://www.consumerhealthworld.com/nhwpcs07/html/Wednesday.htm>

About Hummingbird Coaching Services

Cincinnati-based Hummingbird Coaching Services has been providing a unique form of one-on-one health coaching since 1997. Using their proprietary coaching model and online delivery platform, Hummingbird provides coaching services to businesses and celebrities such as Motorola, United Healthcare, Leeza Gibbons, and the Muhammad Ali Center.

Through its innovative technology platform and coaching programs, Hummingbird provides health, parenting and life coaching that drive real behavior change for individuals. For more information about Hummingbird Coaching, visit www.hummingbirdcoaching.com.

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