

## **FACT SHEET**

### **Company**

In 2008 Pennie Sempell brought together her two companies, Songs & Company and Qi Whole Creations, to create Pennie Sempell & Company and offer the latest in integrative health concepts to children and adults. Informed by Pennie's decades of clinical experience in integrative health and conflict resolution, Pennie Sempell & Company develops innovative programs that teach physical, social, and emotional life skills through activities, music, and live performance.

### **Products**

Healthier Happier Life Skills is a holistic wellness program for children aged 3-8, based on the latest health and wellness research. Children participate in an entertaining old-time radio show, exploring healthful strategies for a lifetime and gaining insights into physical, emotional, and social health. The series engages children with fun animations and hit songs from Broadway and beyond that are also available individually at [www.healthierhappier.com](http://www.healthierhappier.com).

#### **Healthier Happier Life Skills: Home Edition**

Three separate volumes in DVD format. Health: Fun Time, Relax Time; Happiness: The Best Things in Life Are Free; and Relationships: Love Songs for Our Children.

#### **Healthier Happier Life Skills: Classroom Edition**

31 episodes in a three-DVD package, plus interactive lesson plans, a teacher guide, and extensive classroom materials that support interdisciplinary, standards-based learning.

### **Mission**

We believe that every child and adult can enjoy learning healthful strategies that last a lifetime, with insights into health as a complete state of physical, mental, and emotional well-being. Our approach to integrative health includes active listening, communication, coping, teamwork, empathy, managing stress, managing feelings, relaxation, fitness, and more.

### **Contact Information**

Pennie Sempell & Company  
P.O. Box 15278  
San Francisco, CA 94115  
[www.healthierhappier.com](http://www.healthierhappier.com)

#### **Press inquiries**

Call Peggy Lanier at 405-258-7328 or email [peggy@healthierhappier.com](mailto:peggy@healthierhappier.com).

#### **Wellness/life skills consultations and conference presentations**

Call Pennie Sempell at 415-776-3711 or email [pennie@healthierhappier.com](mailto:pennie@healthierhappier.com).

#### **To place an order**

Visit [www.healthierhappier.com/store](http://www.healthierhappier.com/store), call 1-855-500-WELL, or email [order@healthierhappier.com](mailto:order@healthierhappier.com).