Self-Care & Staying on Track During the Holidays

Learn tips for keeping yourself in the equation & staying on track

The holidays can be stressful if you’re trying to maintain a healthy lifestyle and keep yourself in the equation. Join motivational speaker and life transformation coach, Lori Schaefer, for this inspiring workshop with tips, tools and techniques to stay happy & healthy.

In this action-packed workshop, you’ll develop a plan for self-care during the holidays – whether that means staying on track with healthy eating, managing stress, keeping your exercise routine, your sanity, or all of the above.

Learn:
• Lori’s six tips for self-care during the holidays
• Create an individualized plan to remain healthy, happy & in your equation
• Tips for staying on track with healthy eating and avoiding overindulgence
• Strategies for keeping your exercise routine & reducing stress
• And more!

You’ll have an opportunity to be coached by someone who’s been there, as well as meet and network with others who share similar goals and struggles.

WHEN
Saturday, Dec. 3, 2016
9:00-11:00 a.m.

WHERE
Como Lakeside Pavilion/
Como Dockside
1360 Lexington Parkway N.
St. Paul, MN 55103

COST
$30 to cover space, workshop materials & refreshments

REGISTER
Registration required in advance through PayPal. Space is limited. Call 612-341-4185 or email lori@intheequation.com if you have questions.

Lori Schaefer knows first-hand what happens when we slip out of the equation of our own lives. Learn how she lost -200+ lbs and learned to live a healthy, happy & whole life.

To learn more about Lori and her story, visit www.intheequation.com.