



Put Yourself In the Equation & Live a Whole Life, Not Just a Busy One!

Are you too busy to be healthy? Do you struggle to make self-care a priority? Join us for this inspiring and interactive workshop with motivational speaker and life transformation coach, Lori Schaefer.

- Motivational Speaker
- Transformation Coach
- Wellness Blogger
- Featured on NBC's *The Biggest Loser*



Lori Schaefer knows first-hand what happens when we slip out of the equation of our own lives and end up with precious little time to care for and nurture ourselves.

Through her own personal transformation story, Lori inspires and energizes others to achieve optimal health and wellness, and achieve transformational change. Learn how Lori shed 200+ lbs, 11 pant sizes, took control of her health and happiness, and in the process learned how to live a WHOLE life, not just a busy one.

WHEN Saturday, Nov. 19, 2016
9:00-11:00 a.m.

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

COST The workshop cost is \$30. This covers workshop facilitation, space and materials.

REGISTER Space is limited and registration is required in advance. Please click [here](#) to register and pay by Pay Pal. Questions, call 612-341-4185.

In this workshop you'll explore your own In the Equation life wheel and how it aligns with where you want to be. Get practical tools and tips on how to prioritize YOU and reach your greatest potential.

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