



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.



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

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.