

*Looking to improve your health and wellness, but not sure where to start?
Join me!*



**Thrive Time
Wellness**

CYNTHIA TOMASCH
HEALTH & WELLNESS COACH

**I help busy people find their path
to wellness.**



**5 - Week Group Health & Wellness
Coaching Workshop**

\$99 for 5 sessions

**Meets Wednesdays from 7 - 8 PM, Sept 10 - Oct 8
Olmsted Community Center - Schuster Room**

- *Gain clarity on what health means to **you***
- *Set personalized goals*
- *Learn from and be inspired by a supportive group*
- *Make sustainable progress toward a healthier lifestyle*
- *Gain confidence in your ability to create new habits and make positive change*

Have questions?

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Open to all adults 18+