

Looking to make sustainable lifestyle habit changes for your health in 2026 and beyond?



**Thrive Time
Wellness**

CYNTHIA TOMASCH
HEALTH & WELLNESS COACH

I help busy people find their path
to wellness.



**5 - Week Group Health Coaching Workshop:
New Year, New Habits**

\$99 for 5 sessions

**Meets Wednesdays from 7 - 8 PM, Jan 14 - Feb 11
Olmsted Community Center - Schuster Room**

- *Gain clarity on what health means for you*
- *Set personalized goals & action plans*
- *Make sustainable progress toward a healthier lifestyle*
- *Gain confidence in your ability to implement healthy strategies*
- *Feel supported by others with similar goals*

Have questions?

cynthia@thrivetimewellness.com

440-242-5663

Thrivetimewellness.com

Open to all adults 18+