

*Do you worry about navigating the holidays without derailing your health?
Join me for a workshop to help you identify and implement strategies to enjoy
the holidays while taking care of your health!*



**Thrive Time
Wellness**

CYNTHIA TOMASCH
HEALTH & WELLNESS COACH

I help busy people find their path
to wellness.



***5 - Week Group Health & Wellness
Coaching Workshop - Navigating the
Holidays for Your Health***

\$99 for 5 sessions

***Meets Wednesdays from 7 - 8 PM, Oct 22 - Nov 19
Olmsted Community Center - Schuster Room***

- *Increase awareness of holiday health derailers*
- *Learn and share strategies for holiday health*
- *Set personalized goals & supportive action plans*
- *Gain confidence in your ability to implement healthy strategies while still enjoying the season*
- *Feel supported by others with similar goals*

Have questions?

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Open to all adults 18+