

# Faith Wellness Fitness Workshop

February 1<sup>st</sup>, 2020 @ 9am-3:30pm

Registration begins @ 9am

If weight loss or body discontent has been an uphill battle for you and you're ready to get FREE, then join our Weight Loss God's Way Workshop!

Most of us don't realize how disconnected we are to our bodies, and we are NOT kind to ourselves. Let's get honest about why losing weight and being content with our bodies is so hard. With God, transformation IS possible, and His Way leads to hope and freedom!

**This Workshop will reframe how you view weight loss and your overall health.** You'll get practical, sustainable tips that will help you build a healthy foundation for change based upon God's Word and His Way!

Each speaker will give you more tools to help you towards a healthy and whole lifestyle. Choose from the following:

Morning Breakout Sessions:

Dr. Jodi Sampson D.C.: Trust your Gut, Trust GOD, Through the transitions of life.

Carrin Kath: Boundaries & Self Care

Afternoon Breakout Sessions:

Brittany Bertram: Honor Yourself: The greater intention behind Self Love & Care

Dawn Ritter APRN, CNP, HWC: Heal your body with Whole Foods

To Register Fill out the Form Below:

## Faith, Wellness, Fitness Workshop Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Cost: \$35 to TiF FiT

Morning Breakout Session:

- Dr. Jodi Sampson D.C.: Trust your Gut, Trust GOD, Through the transitions of life.
- Carrin Kath: Boundaries & Self Care

Afternoon Breakout Session:

- Brittany Bertram: Honor Yourself: The greater intention behind Self Love & Care
- Dawn Ritter APRN, CNP, HWC: Heal your body with Whole Foods

Lunch Options:

- Chicken Cashew Salad: Mixed greens, delicious chicken salad with cashews and apples, avocado, feta cheese, cucumbers, red grapes, and ranch dressing. (Gluten Free)
- Mixed Berry Salad: Mixed greens, seasonal berries (strawberries, blueberries, raspberries and blackberries), diced chicken breast, avocado, feta cheese, sunflower seeds with poppyseed dressing. (Gluten Free)