

Creating Your DELICIOUS Life In One Deliciously Pampering, YOU-FOCUSED Day | March 8, 2018

- Are you frustrated by general recommendations for nutrition, fitness and living a healthy lifestyle, and looking for customized guidance that fits YOU?
- Do you want to get your eating and exercise habits back on track after your breast cancer experience?
- Are you discouraged by the diminished energy, stamina, strength and focus that can linger after breast cancer treatment?
- Do you resist eating healthy, losing weight and being active, even though you KNOW those habits may reduce your risk of a first-time diagnosis or recurrence?
- Have you dreamed of working one-on-one with an experienced nutrition, fitness and healthy lifestyle professional, but didn't know where to find one you could tolerate or trust?

NOW is your opportunity to learn *healthy behaviors* to last a lifetime, during a special day focused solely on YOU.

Why This Program?

I want to help you be the **BEST** version of your healthy self.

Why?

The healthiest version of you is at a decreased risk for breast cancer, more physically resilient in the event of a diagnosis, and better prepared to take on a proactive role in treatment, survivorship or living with metastatic breast cancer.

There are several reasons why **NOT** being the best version of your healthy self is so dangerous:

- 1) The most obvious reason? You're at **INCREASED** risk of a potential initial breast cancer diagnosis or recurrence.
- 2) Your stress level is consistently elevated because you KNOW you're not taking care of yourself - chronic stress can weaken your immune system.
- 3) The feelings of **GUILT** and **SHAME** are crushing your spirit and motivation for making a change.

The UPSIDE to all of this (yes, there is one) is that **it's NEVER too late** to start taking better care of yourself. **And it starts with one, small step.**

Those who continue to follow their same old comfortable (yet ineffective) ways of improving their health will remain hopelessly stuck in the same old start~stop~start~stop pattern.

It's exhausting, and drains confidence, inspiration and mojo!

Are you ready to approach "getting healthy" in a different way?

I've worked with hundreds and hundreds of individuals, and I want to work with **YOU**.

What You'll Get

- An individualized program to take you from beginning to beyond to develop better nutrition, more consistent exercise, and a health supportive environment.
- My 20 years of experience to help you resolve **YOUR** unique nutrition, fitness, and healthy lifestyle challenges.
- *"Eat Healthy. Live Healthy. 114 Easy Ways to Make Good Nutrition a Habit"* by Cathy Leman, MA, RD, LD
- Collection of ten (10) tried and true plant-based recipes.
- Savings on *"DAM. MAD. About Breast Cancer. Inspiring ACTION Workshop"*
- Group energy and camaraderie to support and inspire you to action.
- A delicious, energizing lunch prepared by Chef Mike Max of "Glen Prairie" restaurant.

What To Expect

This one day intensive workshop is limited to ten (10) participants. That's right, only ten.

You'll have me all to yourself (well, and 9 others) for an ENTIRE DAY!

Regardless of where you're starting from, we'll do a deep dive into **"Seven Principles to Help You Eat Better, Move More and Still Enjoy That Glass of Bubbly"** to get you started, back on track, or to uplevel your existing self-care practice.

Here's how I'll help:

1. Identify -

- a. what prevents you from pursuing a healthier lifestyle.

2. Articulate -

- a. the REAL (versus the “good”) reason for improving your health.

3. Map out -

- a. a realistic plan to get started and continue to maintain momentum for a week, a month, a year, a lifetime.

4. Educate -

- a. about sustainable nutrition practices, fitness routines that do no harm, and creating an environment that supports your unique situation regardless of whether you have kids, pets, a significant other, a career, a retirement package or none of the above.

Here's what I'll cover:

- A “customized-to-you” strategy for achieving health and nutrition goals.
- Five components that collectively add context and meaning to a balanced, healthy life.
- Seven risk reduction principles that AREN'T about the food.

Who This Program is For

Women of all ages committed to taking charge of their health NOW, who have a **family history of breast cancer**, are at **increased risk of breast cancer** due to individual risk factors or genetic predisposition, are **recently diagnosed**, in **treatment or living with metastatic** breast cancer, have moved into **survivorship**, or who simply want to do everything they can to potentially **reduce their risk of an initial diagnosis**.

I think this is a good time to share (if you didn't already know) that I'm a breast cancer survivor. They say that unless you've personally walked the path, you can't really know what it's like to experience breast cancer. It's 100% true. But I get it, and I'm here to support you as only a fellow sister-survivor can.

I've also been a nutrition therapist for 20 years - well before my own diagnosis - so for those of you who haven't experienced breast cancer, I've got you covered, too.

What To Do Now

Join me. I can't wait to spend the day with you, helping you become the BEST version of your healthy self. Investing in this opportunity is the one, small step I spoke of. So, if you think this is the right program for you, register today!

Program Valued at \$1,097 | **“7 Principles”** Price \$497

Remember, this program is limited to 10 participants!