

# *Holiday Survival Workshop*

*Join Lisa Bova, Certified Holistic Health Coach*

*For this free workshop!*

Let's face it, the holidays can be a stressful time of year! The pressures of shopping, events, and family commotion can definitely take their toll and throw us off our game. Make the most of this holiday season by learning simple and easy tips from Lisa on:

- \* How to avoid holiday sweets and other pitfalls by eating wholesome foods! The average weight gain is 7 to 10 pounds during the holiday season. (recipes included)*
- \* Simple ways to de-stress and take care of yourself, so you stay happy and healthy.*
- \* How to connect with family and friends, along with making the most of your time with them.*

Lisa Bova, CHHC, AADP

Wednesday, November 20 at 7:00 PM

at the office of Transformational Living and Wellness

301 Oak Street, Unit A (below The Yoga Tonic)

Please RSVP 970-390-0649 or [lisa@lisabova.com](mailto:lisa@lisabova.com)