

FREE ZOOM WORKSHOP

Pause

Simple Ways to Step Out of Overwhelm

Life is busy. Your nervous system is not.

Learn simple, practical tools to pause, reset, and feel more like you again.

IN THIS WORKSHOP YOU'LL LEARN HOW TO:

- ✓ Recognize the early signs of overwhelm
- ✓ Understand why your brain reacts the way it does
- ✓ Create simple pause moments throughout your day
- ✓ Reset your nervous system in 5 minutes or less
- ✓ Build habits that bring more calm, clarity, and connection

JOIN US ON ZOOM



WEDNESDAY, JANUARY 20, 2027
8:00 AM - 9:00 AM PT



FRIDAY, JANUARY 22, 2027
12:00 PM - 1:00 PM PT



SUNDAY, JANUARY 24, 2027
4:00 PM - 5:00 PM PT

Choose the date that works best for you!

Questions? Contact Jennifer Jelavich
jennifer@back2basics4life.com - (925) 997-4952

YOU
DESERVE A
Minute.



YOU DON'T NEED MORE TIME.

You need more moments.

This 60-minute interactive workshop will give you practical strategies you can use right away - no extra free time required.

REGISTER TODAY!

Scan the QR code to save your spot.



Registration required.



Back2Basics4Life.com
Simplify. Reset. Thrive.

Helping you live simpler,
healthier, and more connected.

Because you matter.