

# Wellness BOOTCAMP for Cancer *Survivors*

**The key to your wellness journey is being able to KNOW  
if something is helping or hurting you.**

There are lots of tips, resources, supplements, diets, herbs, cleanses, therapies, etc. out there.  
What if you didn't have to wonder if it was helpful for you?

## **What if you could KNOW?**

This Bootcamp will help you build the skills to make that possible.  
You will gain awareness in key areas that will transform your wellness journey!

New **awareness** leads to new **thoughts** that lead to  
new **actions** that bring about new **results**.

**The Wellness Bootcamp for Cancer Survivors is a  
4 week program with daily challenges.**

Each day, there is a short challenge video (around 2 minutes) and a longer commentary video  
(usually under 10 minutes).

No supplies needed, other than a pen and paper – or print out the Bootcamp Journal and  
checklists. The daily activities fit into your day and most take less than 10 minutes.

## **Ready to Get Started?**



Learn from Peter Minke, PhD, fellow cancer survivor of 30 years and a national and international wellness trainer for over 20 years.

Access a FREE webinar or enroll at

<http://minke-wellness.thinkific.com>

Coupon Code for \$50 Off!!

**survivor50off**