

6 Secrets to Recharging A Superwoman & Superhero Workshop!



Release yourself from the pressure of doing everything for everyone, so you can finally go from depleted to recharged!

Learn about what foods recharge your battery, and which deplete it!

- Find out how you can finally get a good night's sleep and wake up recharged.
- Discover where do you rank in your own world and how to apply simple self-care techniques to recharge.
- And more!

Annual Pass Clients- FREE

Guests- \$10

Hosted by Kim Goeltom, Board Certified Wellness Coach

To learn more about Kim go to www.creatinglegacywellness.com!

5/9/19 | 6:00PM TO 7:30PM

BODY BALANCE WILLIAMSBURG STUDIO

370 MCLAWS CIRCLE, WILLIAMSBURG, VA 23185
