

Self Care to Feel Good Workshop



What is Self Care? What it isn't... and no Self Care does not cost money!

Learn the 7 Guiding Principles of Self Care

- How can Self Care help you recreate the life you always wanted or remember having!
- Take home tips that you can implement right away.

Annual Pass Clients- FREE

Guests- \$10

Hosted by Kim Goeltom, Board Certified Wellness Coach

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

7/11/19 | 6:00PM TO 7:30PM

BODY BALANCE WILLIAMSBURG STUDIO

370 McLAWS CIRCLE, WILLIAMSBURG, VA 23185
