

**BRIX & MORTAR**  
— Coworking —

&



**Mindful Wellness LLC**  
*The Pathway to a Better Me!*

**PRESENT....**

**FIT CLUB!** ~A Healthy Happy Hour!



**Thursday, January 11<sup>th</sup>**

**Join us when you can! 4:30-6:30 pm**

**Group Workout 5:15-5:45 followed by Guided Mindful Moment!**

**EAT RIGHT....**

Try our favorite products and receive a **free meal plan** that helps us **RAISE METABOLISM** and **REDUCE CRAVINGS!** We help people eat mindfully, use food as fuel, & find easy ways to get the balanced nutrition we need to feel and be our best!

**MOVE RIGHT....**

Find a fun way to **WORK OUT** that is perfect for you! We help people **FIT FITNESS** into their busy lives and will be sampling workouts. **Come ready to move with us if you wish!**

**THINK RIGHT....**

Learn **MINDFULNESS** exercises you can use anytime to **REDUCE STRESS**, refocus and reboot.

We help people learn how to be aware of and change their thinking in order to be more **empowered, present, successful, and healthy!**