



# FIND BALANCE IN TODAY'S HECTIC LIFESTYLE – Webinar Host – Vonie Kalich

**Cost:** \$75.00    **Date:** 4/19/17    **Time:** 6 PM - 7:30 PM    **Location:** Webinar (details to follow)

## **Description:**

Every day we have new challenges and tasks thrown at us. But how do we make time for ourselves; time to focus on our health, wellness, and fitness for a life full of vitality? You can do it! And this webinar will get you back on track.

In this 90-minute webinar, certified Heart Health Coach, Vonie Kalich will take you through the "Wheel of Life" exercise to help you break down in detail the various areas where you might be needing more attention. Areas such as:

- Career & Learning
- Family & Friends
- Spirituality
- Finances
- Physical Fitness and more!

By using the "Wheel of Life" exercise during the webinar, you'll be able to visualize where you lack attention and what is needed to make the necessary changes to bring into balance your health and well-being.

Let's get you started on the road to a more balanced approach to health and wellness.

**BONUS:** All attendees receive a private, 30-minute coaching session with Vonie to be used within 1-month following the webinar to ensure your success at achieving your goals.

Once you've registered, Vonie will receive your name and email address. She will provide you with the details on attending the Google Hangout. You'll also be added to the Fitlandia newsletter so you can continue to receive the best tips to support your fitness journey!

## **Testimonial:**

*"When I first signed up for a wellness workshop with Vonie, I had no idea what to expect. I just knew that I needed to change some things in my life and hoped it would help me be healthier and more confident. It was a very helpful experience. Vonie was very good about explaining the process and what to expect. Her observations were spot on, and the exercises helped me to understand what I was feeling and why. At the end of the first session, I felt like a huge weight had lifted from my chest. I was more relaxed and happier than I had been in a long time." - Susan P.*