



Seek Harmony
FINE TUNING LIFE

Self Care Workshop

Are you ready to transform your life and have the vibrant health that you always wanted? This workshop will cover 3 effective strategies for finding more harmony in your life.

Thursday, July 25, 2019 | 7 - 8:30 pm

Holiday Inn & Suites
620 Wells Road
Orange Park, FL 32073

\$24.95 per person
Seating is limited
Bring a friend and get a \$5 discount

Mindfulness & Stress Reduction Workshop

Want to discover how to have a more relaxed day with enhanced energy – every day? This workshop will demonstrate effective strategies to create more serenity in your life.

Thursday, August 8, 2019 | 7 - 8:30 pm

Holiday Inn & Suites
620 Wells Road
Orange Park, FL 32073

\$24.95 per person
Seating is limited
Bring a friend and get a \$5 discount

**To sign up and for questions, contact Cheryl Knight, Health Coach:
seekharmony5@gmail.com**

There will be a special drawing for a free gift for those who participate in both workshops.