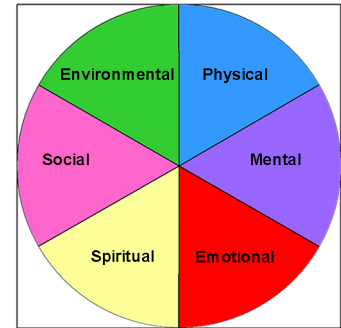


On the Road To Health in 90 Days

An Interactive Workshop

by Mirabai Holland, MFA, CHC, EP-C

Sponsored by the Holland Foundation



This interactive seminar will help you assess your life, and health goals and put them into an action plan that sets you up for success.

Learn To:

- Use the Wellness Mandala to balance your life and health
- Make healthy lifestyle changes that stick
- Use the mind-body technique clustering to help you define and design your wellness vision path.
- Set long term goals that are reached by breaking them down into easily short-term goals

Date	Time	Location
Wednesday, June 12	12:15p -1p	Public Works, Conf Room 2 1022 26th Ave E, Bradenton
Monday, June 13	12p -12:45p	Utilities, Admin Large Conference Room 4410 66th St W, Bradenton
Monday, June 17	12p -12:45p	MSO Ops, Media Classroom <i>*MSO/CPID Only</i> 600 301 Blvd W, #202, Bradenton
Wednesday, June 19	12p -12:45p	Transit, Lg Conf Room <i>*Transit/Transit Fleet Only</i> 411 Tallevast Rd., Sarasota
Wednesday, June 26	12p -12:45p	Admin Building, 3rd Flr REO Conf Rm 1112 Manatee Avenue West, Bradenton

Register at www.manateeyourchoice.com/register

(Select "On the road..." in the dropdown menu or use the search bar)



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