

FREE

SPECIAL SEMINAR EVENT

Living in Balance

And ON PURPOSE

Eat With Purpose

Move With Purpose

Live On Purpose

A practical approach to creating a healthier, happier, more abundant life.

3 Seminars in 3 days

*February 1st, 2nd, 3rd (Mon, Tues, Wed)
6:30pm – 7:30pm*

Open to the general public!

*We welcome your friends, family and
coworkers to join us for this special event.*

The 2 principles of healthy living, *Balance and Purpose*, differentiate the healthy and happy from the sick and depressed. Learn to make these principles work for you... and you WILL create a healthier, happier, more abundant life!

Mon. Feb. 1st How to Eat ON PURPOSE

Highlights:

Identify foods that have a purpose, foods to avoid like the plague, eat the right foods at the right time of the day, healthier cooking techniques, condiment choices, portion size, meals per day, losing weight, better sleep, more energy, etc.

Tues. Feb. 2nd How to Move ON PURPOSE

Highlights:

Exercising smarter than ever before, the 8 minute workout, the truth about burning fat, how to keep exercise exciting and fun, powerful insights about ergonomics and postural decay, the 15-minute rule to moving and aging well, the truth about core strength, etc.

Wed. Feb 3rd How to LIVE in Balance and ON PURPOSE

Highlights:

Prioritizing and scheduling your healthy habits, simple time management techniques, how to create a plan and stick to it, goal setting and tracking your progress, and finding a PURPOSE to be healthy, get healthy and stay healthy, etc.

"Health and happiness is the result of learning to create balance within the body, and doing it with great purpose. The result is a life that is filled with abundance!"

~ Dr. Craig Burns

**Please reserve your seats now! RSVP by calling 303.462.4476
7323 S. Alton Way Ste B, Centennial, CO. 80112**

Seating is limited. This is a one time a year event. Don't miss out!

Maximize Your Life by improving HOW you live it!