

Are you striving to feel better in your body?

Are you tired of feeling stuck or discouraged?

Do you want to learn strategies for looking and feeling great?

HEALTHY BY DESIGN WORKSHOP IS FOR YOU!!

Join Dr. Lyz for an interactive workshop designed to motivate you to reach your health and fitness goals.



Four-week On-Line Workshop
with Dr. Lyz

Wednesday, May 9, May 16, May 23, and May 30

7:30pm to 8:30pm EST

Total program cost: \$50

Register at www.VisionistasByDesign.com

Participation in the HEALTHY BY DESIGN workshop will include:

- ★ Weekly on-line group sessions with Dr. Lyz and other registered participants.
 - ★ Helpful tools to guide you through the program each week.
- and will EMPOWER you to:
- ★ Create your wellness vision.
 - ★ Identify the components of balanced health.
 - ★ Describe the significance of diet, physical activity, and resilience on your overall wellness.
 - ★ Take action to improve the way you look and feel!



FREE on-line information session -
Wednesday, May 2 at 7:45pm EST

For more information, email:
connect@visionistasbydesign.com