

Heather^{LLC}
PEER SUPPORT SPECIALIST

she
created
a life
she
loved

FALL IN LOVE WITH YOURSELF WORKSHOP

Heal Her office located within Shape It Up Fitness
141 W 1st St, Waconia, MN 55387

SUNDAY, FEBRUARY 10
2:00 - 3:30 P.M.

One of the most important relationships in life is the one you have with yourself. This workshop will help you become happier, more positive and centered. During this time of self-growth, you'll develop skills to activate empowerment! Break free from old habits, negative self-talk and patterns to live your best life! *Custom guided journal and refreshments provided.*



\$39.99 +tax | register via [eventbrite.com](https://www.eventbrite.com)

Bonus:

Each participant will get to unbox the very first exclusive Heal Her Subscription Box (over \$100 value)!

[IAmOneOffive.com](https://www.IAmOneOffive.com)