

»»» Kick-Start Your Life

SELF-CARE
BOOTCAMP

- » Create energy and vitality
- » Learn strategies that sustain joy and well being
- » Cook delicious and nourishing food

Saturday, October 4, 2014 | 8:00 A.M. – 5:00 P.M.
St. Gabriel's House, 173 Appleton Street, Arlington, MA

Holistic health coach Cathy Zolner and psychotherapist Amy Matias invite you to step out of your busy life at a relaxing day focused on self-care providing a prescription for living a happier healthier life. Slow down and experience what it feels like

to **nourish your body** with healthy foods. Learn how to set priorities to **live the life you want**. Your registration fee of \$250 includes the bootcamp program, breakfast and lunch, materials and giveaways. Visit our websites to learn more or to register.



HOLISTIC HEALTH COACH
CATHY ZOLNER
781.316.2701
mynourishtoflourish.com

“It was a real gift to have time to reflect on life's priorities, while enjoying the preparation and sharing of delicious food with a fun and supportive group of women. The location was calm and relaxing, and the retreat leaders were nurturing and generous in their knowledge. I left filled with gratitude.”
—BONNIE, CAMBRIDGE MA



PSYCHOTHERAPIST
AMY MATIAS
617.650.9829
matiascounseling.com

Make yourself a priority and sign up today.