

The

WOMEN & WEIGHTS
HEALTH COACHING

ACADEMY

COFFEE MEET UP

& MINI HEALTH COACHING SESSION



Thriving Through The Holidays

Enjoy a delicious cup of coffee or tea, and learn simple and effective ways to maintain your health goals during the holiday season. An opportunity to socialize and create meaningful connections with women in your community.

RSVP REQUIRED BY ADVANCED TICKET PURCHASE



\$15 OR COME WITH A FRIEND FOR \$25



SUNDAY, DECEMBER 17, 2023 1:00-2:30PM



AL BASHA RESTAURANT & LOUNGE

1566 PEMBINA HWY, WINNIPEG, MB **PARKING LOT AVAILABLE**



RESTAURANT & CAFE

MORE INFO: info@healthy-eating-active-living.com