

More Alive at Any Age

It's Not Too Late! Discover the Head and Heart Method for Feeling Fitter, Sharper and More Alive at Any Age

Health wake-up calls come in many forms – some are subtle like brain fog, declining energy and feeling flat, and some not so much. Like when your doctor delivers a stern warning about your cholesterol, pre-diabetes or something else.

No matter what stage of life you're at, change doesn't have to be a bad thing. In fact, it can be a powerful turning point. You want to upgrade your health instead of slowly falling apart.

So where do you begin? Right here!

Join in this lunch and learn about how to get your head and heart behind your health goals, in a way that works for your lifestyle and career. And without the weird diets, extreme fitness or all-or-nothing plans. You'll learn:

- ✓ The 3 mindset shifts that create motivation and follow through when you want to feel better and healthier
- ✓ A method for transforming your health with tweaks to your nutrition, movement, stress management and sleep that bypass overwhelm and overdoing it
- ✓ And a surprising way to ensure how you start your health transformation really works for you (Hint: Community)

Presenter: Mary Holliday, MS, is a Certified Health and Wellness Coach. She specializes in helping people turn a health wake-up call into a health transformation so they feel fitter, sharper and more alive no matter what age they are – younger than 50 or age 50-plus. Learn more about Mary at www.maryhollidaycoaching.com

What: A live* workshop focused on ways to help you feel more alive!

Webinar will be recorded and available on the Bridge for those who are unable to attend

Who: All employees are invited to attend

When: January 26, 2021 at 12:00pm

How to attend: Click the link to join in this live webinar or copy and paste to your browser: <https://duluthmn.webex.com/duluthmn/j.php?MTID=m2cc02577a2cb004896d173f82a9f144f>

Questions? Contact Wellness Coordinator, Angel Hohenstein, at 218-348-9428 or email ahohenstein@duluthmn.gov

