

# THE VITALITY WORKSHOP

energy... inspiration... community...

Life loves to be taken by the lapel and told:

“I’m with you kid. Let’s go.”

~Maya Angelou

## TOPICS INCLUDE:

- \* How to Rise Above Stress in Minutes a Day
- \* Simple Self-Care Steps To Change Your Life
- \* How to Have More Emotional & Physical Energy

**FREE EVENTS ~ HOSTED BY ORGANIC ROOTS**

**TEXT VITALITY TO: 949-842-2827 FOR CURRENT DATES**

## TESTIMONIALS:

“Fascinating information to eliminate stress” Kris

“I enjoyed learning how the heart and mind connect” Sarah

“I learned the importance of setting a routine” Riley

“I enjoyed the kindness and comfort” Rhonda

“I enjoyed being around other women and thinking about making myself a priority” Cara



**Presented By: Rene Hader Life Coach / Community PR**

**Rene Hader is delightful and entertaining. She challenges you to think in new directions, restores your ability to dream and inspires you to greater accomplishment.”**

**~ Clair Weeks, Walt Disney Studios**

**Instagram @ ReneHader**

**You are priceless, timeless and one-of-a-kind...**