

# Happy & Healthy Holiday Workshop



Saturday, November 18

10:30-11:30am

Relocated to Delphina's  
(8 Marina Wynd)

\$20 per person

Featuring Aubrey Turner,  
Certified Wellness and Life Coach

The Happy & Healthy Holiday Workshop will focus on:

- Balanced food and lifestyle tools + techniques.
- Small actions for big impact and science-backed, holistic health.

All to help you:

- Sustain your energy and sanity, all season.
- Maintain calm and comfortable digestion.
- Sleep deeply and wake up feeling rested and ready to go.
- Stay productive and healthy.

You can expect:

- Uncomplicated tools to keep your gut healthy and strong.
- Small but effective ways to maintain your stress levels.
- Deep sleep techniques to ensure reliably restful nights.
- Step-by-step guides for healthy, wholesome living.

No RSVP required. Contact Betsi Stephen at [betsistephen@gmail.com](mailto:betsistephen@gmail.com) for additional information.



Bald Head Association ~ "The voice for BHI property owners"

*Sponsored by:*

BHA's Education & Recreation (ER) Committee