

MINDSET MASTERY FOR BUSINESS SUCCESS

Learn **breakthrough** solutions

Tuesday March 21st, 6pm FREE
100 School Street, Danville
(925) 482-8322

This transformative workshop on Mindset Mastery will teach you how to leverage your mind and body to surpass your goals. Learn how to holistically resolve common stress and health related issues that can hold you back in business.



Judy Pearson Kobsar, CHHC, CWP
Certified Holistic Health Coach and Nutritionist
The Health and Wellness Care Center, Danville CA

Judy's seminars are packed full of solutions and she provides clear and concise action steps. Rose L

Judy Pearson Kobsar will show you how you can naturally gain focus, increase energy and turn your body into a success machine.

She will be covering the following topics from an inspirational and educational approach:

- ✓ Understand how mindset and habitual thinking can either propel, or hinder your professional goals.
- ✓ Learn the most common mistakes people make when fueling the body and the mind for success.
- ✓ Understand how stress impacts brain function and your overall health.
- ✓ Learn proven health solutions for the busy professional.

