

'COME GET YOUR LIVELY' *Workshop*

(ONLINE VIA ZOOM)



Tina Gutheridge
Tina G Wellness, Counsellor

Magda Bitoiu
Fashion Stylist

Rosangela Atte
Chef + Business Owner

Treena Innes
Life Fun Expert, Author + Speaker

*Have you been feeling blah and flat?
Missing your liveliness?*

*Are you craving some zest, spark and
fun in your life--- but can't figure out
how to make it happen?*

Our four dynamic hosts will inspire, discover and help you find your lively possibilities

- ✓ *in the world*
- ✓ *in the kitchen*
- ✓ *in the bedroom*
- ✓ *in style*

With Special Guest, Dr. Ursula Luitingh

*You will walk away with three actionable ideas,
'aha's and 'hmmms' to put your get-up-and go
back into your life.*

\$45 per participant

Register for the June 8th Thurs Eve Workshop

7pm - 8:30pm (PST)

scan here to register



Register for the June 10th Sat morning Workshop

10am - 11:30am (PST)

scan here to register



For more lively info, visit www.minddoodles.ca