



healthy heart coach

Dr. Peggy Gleason, RN MS NHD

New date for Workshop

Reduce that Holiday Stress!

Please RSVP by 11/27. Register by Thanksgiving - Get a gift !



A presentation you will not want to miss!

Are you...

- Tired of being tired?
- Concerned about the Holiday rush?
- Worried a lot?
- Missing the Work - life balance?
- Finding little or no time for yourself?

...then this is for you.

In this interactive 75 min. workshop, you will explore all areas of your health/life and enjoy some memorable exercises. You will explore the areas of your life that are out of balance and identify your “triggers” for stress.

You will learn:

- Why we lose sleep and gain weight due to excess stress hormones.
- Steps to get your life back on track!
- How to create time for YOU!
- How to partner with support to be successful in change

Peggy is a seasoned RN, Doctor of Natural Health and Duke trained Professional Integrative Health Coach, certified in stress management and food psychology coaching. Her expertise comes from decades of providing care to patients paired with her passion for disease prevention. **Everyone needs help to succeed in lifestyle change.**

Don't become a statistic at risk of heart disease – sign up for this encouraging, insightful workshop. Please join us on:

Wednesday November 30th, 2011 6:30 – 7:45 PM RSVP by 11/27 Get a Gift - register by Thanksgiving!

“The Retreat at Brightleaf”, 815 W Morgan St, Durham; **Register at (919) 381-5342** Space is limited Fee: \$20

The Healthy Heart Coach

• www.ihealthcoach.net

• 919.283.4397