

Have a Wellness Party in Your Own Home!

Invite your friends, family, and neighbors to your own wellness party. You choose the topic for the evening. The party can be a nutrition talk, yoga or stress reduction (meditation) class, or a healthy foods cooking demonstration.

- Nutrition party sample topics:
 - Nutrition Basics
 - Strategies for Weight Loss
 - Ten Foods to Have in Your Healthy Diet
 - Energize Your Life: Forty Energy Boosters
 - Food Shopping Made Healthy and Easy
 - Meet Your Hormones: Understanding What Directs and Controls Your Body
 - My Tummy Hurts: Causes and Solutions for Acid Reflux and Poor Digestion
 - *For more class ideas call, e-mail, or follow this link:*
http://www.brwellness.com/docs/Courses_and_Seminars_Descriptions_12_09.pdf
- Yoga and Stress Reduction party options include:
 - The Joy of Relaxation: Everyday Stress Reduction
 - Introduction to Yoga
 - Beginners, Intermediate, or Advanced Yoga
 - Introduction to Meditation
- Healthy Foods Cooking Demonstration and Tasting party options include:
 - New and Tasty Ways of Sneaking Vegetables into your Daily Diet (and your children's!)
 - Gluten Free (Crackers And Breads)
 - Dairy Free (How to get your calcium)
 - Savory Homemade Crackers
 - Smoothies for Superior Health
 - Elegant (and Healthy!) Party Foods
 - Snacks for Families on the Go
 - Delicious Dips and Dressings
 - ***Design your own party***

What you need to do as “party organizer”:

- Coordinate the date, topic, and food decision with me.
- Invite the guests.
- Be the host!
- Host or participants provide own beverages.

What does it cost?

- Nutrition or Yoga Party - \$150 per event. Catered event available for additional charge.
- Cooking Demonstration and Tasting Party - \$200 per event.
- Each attendee is eligible for private nutrition or yoga consults at \$75 per consult, a savings of \$10.
- Host is eligible for one private nutrition or yoga consult at \$50 plus additional consults at \$75 per consult.

Nutrition, yoga and meditation provided by Rosen Wellness – www.brwellness.com.

Cooking demonstrations and catered food provided by The Enchanted Fig – www.theenchantedfig.com.