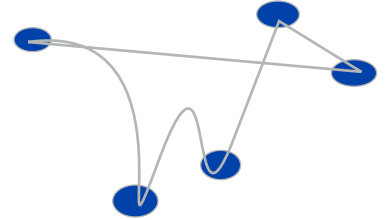




What Feeds You?

Chances are you are already aware that our emotions impact our weight, mood, energy level and our overall physical being. Yet, being aware of that fact doesn't automatically change our circumstances, take the pounds off, or make us healthier.

If you suffer from low energy...if aches and pains seem to be the 'norm'...if you can't seem to eat enough to feel full (no matter how much you eat) and you're tired of unsuccessful diets, let us help you **Connect the Dots.**



Cathy has a passion for breaking unhealthy patterns overlooked and underestimated by western medicine.

In partnering with her clients to promote their wellbeing, she's had major success in decoding the biology (hidden blocks, buried feelings, etc.) that negatively impact their pain, illness, grief and overall discontent in the human journey. Clients are astonished by her knack to mine underground emotions and the root causes behind physical distress through her innate intuitive ability, problem solving and integrity; and this has earned her the nickname "Wellness Warrior" by some longstanding clients. Cathy provides an ever-growing supply of resources, practices and modalities in helping her clients achieve their wellness goals.

Unhealthy emotions contribute to an unhealthy body. CONNECT THE DOTS is a program designed to help you bring your *body* back in balance through balancing your *emotions* with a variety of techniques and resources. You'll practice...

- Create Wellness Goals
- Learn How to Detoxify Your Body, Mind and Spirit
- Track Your Wellness Goals
- Benefit From Your Personal Accountability Partner
- Learn the Truth About the Latest Health and Wellness Trends
- Take Control of Issues Like Diabetes, Low Energy, Weight
- Heal with Whole Foods and Lifestyle Modifications
- Enjoy a Delicious Snack Provided by Cristina Spinelli

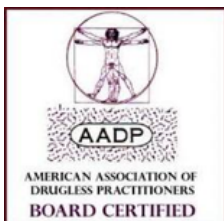
"Our sessions are thought provoking, meaningful and filled with love and light. Cathy's amazing insights helped me learn food is not the focus."
- Marlene L. (Cooper City)

"I hired Cathy for nutritional/exercise counseling; she helped me see my previous self-sabotaging nature - as a result I lost 25 pounds in 4 months!
- Cheri R. (Palm Beach Gardens)

"I am an immigrant from Israel. Cathy helped me see the powerful co-creator I am and brought me back from hurt to hope!"
- Orby M. (Ft. Lauderdale)

945-661-1927

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Don't miss this SIX week workshop, Wednesdays beginning February 25th at 6:30 p.m. - only \$139

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