



CHRISTMAS BODY IMAGE SERIES

3 MASTERCLASSES DESIGNED TO HELP YOU
FEEL YOUR BEST THIS CHRISTMAS

OCT 19TH: Celebrate with Confidence - feel comfortable in your own skin

NOV 9TH: From Binge to Balance - feel in control around all the extra food, treats & drinks

DEC 7TH: Master Your Mood & Balance Your Food

Venue: Cnoc Na Gaoithe, Tulla, Clare.

Facilitated by certified Nutritionist, Health Promotion Practitioner & Life Coach, Aoife O'Brien.

**YOUR GUIDE TO A BALANCED
FESTIVE SEASON**

**BOOK
TODAY!**

€60

Special Bonuses Include:

- Free 1:1 coaching session with Aoife to support you on a particular area
- Christmas survival guide - 31 daily expert tips over the holiday season

To book Email: aobcoaching@hotmail.com

or Tel: 085 2044050

www.aobcoaching.ie