



Fall into Health & Happiness

Join Sean Donovan and the Grassroots Reform Organization as we educate, motivate, inspire and entertain our way to health & happiness

Join us each **Tuesday from 5:30 to 7:00 at MG on the Halifax** 231 Riverside Dr. Holly Hill, FL 32117

- Sept. 20** **Weight a Minute - (featuring Sheila Noiles of Logical Therapy)**
Lose weight quickly, naturally, effectively and permanently.
Bio-Photonic Scan, (as seen on Dr. Oz Show) and a one-on-one consult (available for an additional \$20).
- Sept 27** **Go Green and Make Green (featuring Solar Fit and Access to Organics)**
Detoxify your mind, body, home and planet and save \$\$ in the process
- Oct 4** **Heath = Wealth (featuring Living Waters)**
Turn health and positivity into wealth and productivity
- Oct 11** **Stress Less (featuring Hot House Yoga)**
Eliminate stress through diet, exercise and positive thinking
- Oct 18** **Attitude & Gratitude (featuring The Flower Market)**
Control your attitude and realize we all have something to be grateful for
- Oct 25** **Nutrition on a Budget**
Maintain healthy nutrition even on a tight budget and a tough economy
- Nov 1** **Willpower Will Empower**
Focus on your priorities and learn why time and health should be your top two
- Nov 8** **Have a Heart (featuring Dr. Mike O'Connor of Advanced Chiropractic)**
Address the most important muscle in the body—the #1 killer in our country
Digital Pulse wave Analysis (DPA) and a one-on-one consult (available for an additional \$20).

LIMITED SEATING

- Reserve your spot today at www.seandon.com on our calendar of events
- Join in on the fun for only \$10 per workshop
- Discounts available for all eight workshops
- Online registration is required
- Visit Seandon.com for more info or email Lea at lea@seandon.com

HEALTHY BUSINESS PARTNERS

