

# MIDLIFE MASTER WORKSHOP SERIES AT THE VENICE Y

**TUESDAYS – FEBRUARY 27, MARCH 6, MARCH 13 AND MARCH 20  
3:00-4:00PM – CLASSROOM B  
SIGN-UP SHEETS IN BINDER AT WELLNESS DESK**

THIS MIDLIFE MASTERY WORKSHOP SERIES WILL PROVIDE PARTICIPANTS 40 AND OVER WITH TOOLS, TECHNIQUES, AND A GREATER UNDERSTANDING FOR HOW TO TRUST THEIR OWN INNER WISDOM AND CREATE A HEALTHIER, HAPPIER, MORE FULFILLING MIDLIFE FROM THE INSIDE-OUT.

- ❖ **NEW YEAR'S RESOLUTIONS RE-SET FOR MIDLIFE MASTERS**  
LEARN HOW HABITS ARE REALLY CREATED AND LEARN TIPS AND TRICKS FOR CREATING OR CONTINUING WITH YOUR NEW LIFESTYLE CHANGES!
- ❖ **MIDLIFE MASTERY WHOLE PERSON DETOX**  
10 PRACTICAL STEPS FOR DETOXING YOUR BODY, MIND AND SPIRIT!
- ❖ **HOW A MIDLIFE MASTER MANAGES THEIR ENERGY**  
7 ENERGY SHORTCUTS TO SUPER CHARGE YOUR MIDLIFE!
- ❖ **JOY AND PURPOSE IN LIFE**  
MOVING FROM THE NEEDS OF OTHERS TO THE NEEDS OF SELF.  
LIVING YOUR MIDLIFE AND BEYOND FROM THE INSIDE-OUT!



**PRESENTED BY DEBRA BETTERLY, PHD** – A METAPHYSICIAN AND CERTIFIED INTEGRATIVE WELLNESS COACH. SHE BRINGS A HOLISTIC, BODY-MIND-SPIRIT APPROACH TO HER COACHING, WORKSHOPS AND PROGRAMS. HER PREVIOUS POSITIONS AS A LIFESTYLE CHANGE WEIGHT LOSS COUNSELOR, Y WELLNESS DIRECTOR, AND INTEGRATIVE ONCOLOGY COORDINATOR FOR A LARGE CANCER CLINIC POINTS TO HOW PERSONAL DEVELOPMENT HAS BEEN A LIFELONG THEME IN HER WORK AND LIFE. WHILE SHE LOVES WORKING WITH WOMEN 40 AND OVER WHO DESIRE BETTER HEALTH, INCREASED JOY AND FULFILLMENT IN MIDLIFE, SHE HAS COACHED ALL AGES AND SOME MEN, TOO.