

“Working on Wellness”

A Holistic Approach to Mental Health

Thursdays from 5:30-6:30pm with Angela Zubella



Introducing our new Thursday evening “Working on Wellness” class series with Angela Zubella. Every Thursday, from 5:30-6:30pm, Angela will share her knowledge with individuals, while in a group setting, to understand, improve self-awareness, and learn how to be the best version of your own self while learning how to protect and take care of yourself from the inside out. Angela’s classes incorporate questions that break down patterns and behaviors in current situations that impact your personal wellness.

Have your thoughts gotten in the way of your lifestyle and habits?

Are you ready to release the limitations that are holding you back?

Let Angela guide and teach you a variety of interactive and thought-provoking tips and techniques to improve mental, physical, and spiritual health. Themed classes help you pay attention to your current feelings about your current situation, so you can dive deeper into your personal growth and healing journey as you evolve within a supportive, safe, and relaxing environment.

\$35 per Specialty “Working on Wellness” Class (Purchase 3 classes for \$90 – Save \$15)

Classes will be held in the Firehorse Qigong Center at The Wellness Spa. Call to reserve your spot 715-341-3333
Please bring journal/notebook and pen/pencil.

April 14 ~ Theme: Values

This class helps you break down the things that you really value in your life and assist you in listening to what you value and how it is impacting your choices in life. Are your values in line with who you are?

April 21 ~ Theme: Beliefs

This class will guide you in awareness of the beliefs that you have. How to redirect your thought process to support your beliefs and improve your life. Do you question where you're headed?

April 28 ~ Theme: Expectations

Diving deeper into life and the expectations we hold and how it impacts who we are and the interactions we have. This class will help you break down where you are at in this process.

Are you getting what you expect out of your life?

May 5 ~ Theme: Grounding/Centering

What is grounding and centering and how can you implement these techniques into your daily life.

Do you know what calms you?



Angela Zubella is an Occupational Therapist with over 17 years of experience. While in the OT field, she began her own healing journey, experiencing several healing modalities which led to the creation of 'Intentional Wellness Coaching, LLC'. As a Certified Life & Wellness Coach in her own business, she offers 'Working on Wellness' classes and workshops to educate others in self-empowerment to improve mental, emotional, and physical health. She has extensive knowledge in releasing pain and stress, mindset change, and offers a variety of ways to reduce anxiety and stress in everyday life. Angela is the host of 'Working on Wellness' podcast to empower others to live life from the soul.