

Working on Wellness *with Angela Zubella* ~ A Holistic Approach to Mental Health ~

Wednesdays from 1:00-2:00pm
Thursdays from 5:30-6:30pm



Introducing our new “Working on Wellness” class series with Angela Zubella. Every week, Angela will share her knowledge and help individuals work through personal growth, while in a group setting.

Free your limitations, Clarify your purpose, Strengthen your mental wellness, Pursue limitless living!

Be the best version of you. Angela’s classes incorporate questions that break down patterns and behaviors in current situations that impact your personal wellness.

Have your thoughts interrupted your lifestyle and habits?

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

Let Angela guide you toward improved mental health through interactive and thought-provoking tips and techniques. Themed classes direct your awareness and focus as you evolve within a supportive, safe, and relaxing environment.

Learn how to get the life you desire while learning how to implement techniques that include:

Meditation Self-Awareness Personal Growth Mindfulness
Accountability Mindset Setting Boundaries

\$30 per “Working on Wellness” Class (Purchase 4 classes for \$100 – Save \$20)

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.

For information on Class Theme of the Week visit: www.intentionalwc.com



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.