



Join Us for this Fall 2022 Special Event

# Clearing the Clutter



**Saturday, November 19<sup>th</sup> from 11:00am – 1:00pm**

Let Angela motivate you to get organized in your surroundings so you can feel organized in your soul. How does cleaning affect your personal health? Are you limiting your potential and growth by not being mindful of your space and the clutter that pulls you down? Why are you keeping things in your home or office that don't mean anything to you? Go through an emotional cleaning, including having an awareness of the physical items around you, and make a stance to remove those things that are holding you back and weighing you down. \$35

This event will kick off a 4-session weekly Wednesday evening "Working on Wellness" follow-up class with Angela from 4:00-5:00pm to take the information presented and learn weekly steps to ensure you are making forward progress, with opportunities to check in week after week to ensure any positive changes you make will become regular habits and life improvements.

**Class Size Limited - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Events and Classes are on a pre-pay, non-refundable registration basis.**



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.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)