



Join Us for this Fall 2022 Special Event

Energy Awareness



Saturday, October 8th from 10:00am – 12:00pm

This workshop will focus on learning about energy awareness; understanding how different forms of energy impact you and discovering ways to protect your energy for the highest level of personal wellness. Angela will use a variety of coaching techniques including physical and mental interactive tips and activities on the energy within us and around us to move beyond stress, fear or anything holding you back from becoming a healthy, happy human. \$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