



Put Yourself In the Equation & Live a Whole Life, Not Just a Busy One!

Are you too busy to be healthy? Do you struggle to make self-care a priority? Join us for this inspiring and interactive workshop with motivational speaker and life transformation coach, Lori Schaefer.

- Motivational Speaker
- Transformation Coach
 - Wellness Blogger
- Featured on NBC's **The Biggest Loser**



Lori Schaefer knows first-hand what happens when we slip out of the equation of our own lives and end up with precious little time to care for and nurture ourselves.

Through her own personal transformation story, Lori inspires and energizes others to achieve optimal health and wellness, and achieve transformational change. Learn how Lori shed 200+ lbs, 11 pant sizes, took control of her health and happiness, and in the process learned how to live a WHOLE life, not just a busy one.

WHEN Saturday, Nov. 12, 2016
5:30-6:30 p.m.

WHERE Girls Gone North Weekend
Bluefin Bay Family of Resorts
Surfside – Lakeside Ballroom

RSVP Sign up via Bluefin Bay Guest Services. Mention that you want to attend the keynote speaker when you make your reservations, or call 1-800-BLUEFIN (258-3346) and register how many in your group.

Workshop is complimentary for Girls Gone North Weekend participants.

In this workshop you'll explore your own In the Equation life wheel and how it aligns with where you want to be. Get practical tools and tips on how to prioritize YOU and reach your greatest potential.

To learn more about Lori and her story, visit www.intheequation.com.