

2025 FRESH START WORKSHOP

Plan, Savor and Succeed

An interactive experience all about sparking ideas, boosting motivation & setting you up to crush 2025 like a pro!

January 12

1-3 PM

Berwyn, PA

see
**Cooking
Demos**

taste
**Light
Bites**

create a
**Vision
Board**

Get ready to dream big, plan boldly & sample new flavors.



Maureen McCooley, Nutrition Coach and owner of Planted Kitchens, will demonstrate shortcuts to better nutrition choices for the new year.



Dr. Janel Field, personal development expert, will facilitate activities to self-reflect, set & achieve goals, and create a meaningful vision board.

Register here!