

## Is It Time To Take Care Of Yourself?

**Do you eat healthy but can't manage to lose weight?**

**Is cooking healthy foods a mystery and a chore?**

**Do you sometimes have low energy or feel tired?**

**Do you feel stressed, anxious or fragmented?**

If you answered yes to any of these questions sign up for the ultimate four-week class with Dr. Monica Traystman and Freddi Pakier. Learn the same techniques they use in their private one-on-one sessions with support of a group in a fun-filled setting which includes a weekly nutritional meal. Topics include the truth about dairy, soy, animal proteins and, learning simple de-stressing techniques that soothe the mind, body and spirit. You will develop a self-care plan to nourish yourself from the inside out.

### Course Objectives:

- ❖ Explore new foods
- ❖ Understand and reduce cravings
- ❖ Increase energy to feel better in your body
- ❖ Learn gentle yoga and easy meditation techniques
- ❖ Create a personal self-care plan

### Choice of evening or morning course:

**Session 1 – Thursday evenings, 6:00 pm – 8:30 pm**

**January 13 & 27, February 10 & 24**

**Session 2 – Saturday mornings, 10:00 am – 12:30 pm**

**January 15 & 29, February 12 & 26**

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**COST: \$140 per person, reserve your place NOW, space is limited!**

**Register before Dec. 20 and receive a free meditation CD and a personal journal.**

### **For Registration and Questions, contact:**

**Freddi Pakier: [freddi@cox.net](mailto:freddi@cox.net); 760-207-9100**

**Monica Traystman: [asknow08@gmail.com](mailto:asknow08@gmail.com); 858-245-0422**

**LOCATION: Carlsbad / San Marcos area near Palomar Airport Rd.  
(address provided following course registration)**



Dr. Monica Traystman, Health and Wellness Coach, has been helping people regain balance and harmony for over 14 years. Gaining and maintaining good health is the ultimate foundation for life change and success. Dr. Traystman teaches small steps that result in permanent healthy lifestyle changes combining her background as a molecular geneticist and research scientist with her experiences in spirituality and the healing arts.



Freddi Pakier, Certified Holistic Health Coach, trained in Health Coaching at the Institute for Integrative Nutrition. In her private holistic wellness practice, Pakier focuses on primary and secondary foods, working with clients to create a happy, healthy way of life with flexibility instead of denial.