

# Revive!

Recharge your energy  
so you can *Live Fully*

Tired of being tired and overwhelmed? This series will teach you how to balance your life for increased energy and happiness.

## *Happy, Fulfilled, Connected*

Reboot your energy by eliminating the things that no longer serve you to make room for what does.

Date: May 31, 2023

Time: 6pm - 7pm

Cost: \$30\*

## *The Stress Factor*

Stress is a given, but being overwhelmed and burned out is optional.

Date: June 7, 2023

Time: 6pm - 7pm

Cost: \$30\*

## *Restorative Sleep*

Sleep is the first to go when life gets busy. Learn how to reset your body, mind, and routine for restorative sleep.

Date: June 14, 2023

Time: 6pm - 7pm

Cost: \$30\*

## *Eating and Exercise*

Learn how to eat and exercise for energy when you are tired and lack time.

Date: June 21, 2023

Time: 6pm - 7pm

Cost: \$30\*

**\*Save \$20 when you purchase all four classes.**



All classes are held at Bluff Country Co-Op  
121 W 2nd St, Winona, MN

For complete details and registration, visit  
[www.Zombie-Moms.com](http://www.Zombie-Moms.com) or call 715-572-5714.

Presented by Tina Smith, Owner of Ark  
Wellness LLC and creator of Zombie-Moms.

This is an independent event not affiliated  
with Bluff Country Co-Op.