**The Transformation Seminar**

**September 29th & 30th**

**9-5pm**

**Join Dr. Menzel for her two-day Transformation Seminar**

**September 29th & 30th at Energetic Wellness!**

**Dr. Menzel will be offering this two-day seminar three times a year, January, June and September. Our annual January Transformation Seminar will include an added day of guests speaking on the*Transformation*.**

**Friday, September 29th: The Introduction**

This day will be centered around first timers eager to learn and understand what the Transformation is all about. Dr. Menzel will cover The 7 Laws of Wellness, the benefits of nutrient dense foods and why they are good for you, how to be in sync with your circadian rhythm, and so much more!

**Saturday, September 30th: The Implementation**

The second day will be about putting your new-found knowledge into action.

Dr. Menzel will help guide you through her daily routine of how to create a healthy lifestyle, supplement plan, personal care products, and transforming your pantry so that you are prepared to start the 48 Day Transformation.

Regular price for the 2-day seminar: $125

Early bird price if purchased before 9/15/17: $99

Alumni: $65

**Price includes:**

-Nutrient dense lunch + snacks

-Coffee, iced tea, hot tea, and water with lemon

-Samples of product

-Meal Plan for the 48 Days (suggested meal plan for each day of the 48 days, meal prepping, additional recipes not included in the book, shopping list, grocery stores & local farms)

**\*Book, journal & supplements NOT included in price**

**Location: 2851 W Edmond Rd. Edmond, OK 73012**

**Time: 9-5pm each day**

**Call or email to REGISTER. Space is limited!**

**More details to come...**

**Stay updated through our weekly newsletter & social media outlets!**

**405-359-1245 ~ info@energeticwellnessok.com**