

# Are You Ready for Change?



Ready to kick start your wellness journey or crank it up a notch? Attend our You Revolution Weekend Retreat!

**You Revolution Weekend Workshop**  
**McAuliffe Manual Middle School**  
**April 27 (9-4) AND April 28 (10-4)**

If there is any aspect of your physical or mental well-being that you'd like to improve, the You Revolution will help kick start **REAL, Long-Lasting**, lifestyle change. **Topics include:** Nutrition, Sleep, Stress Management, Exercise, and many more. **You will also receive 1:1 follow up coaching.**

[CLICK HERE TO REGISTER!](#)

## **Questions?**

Contact Michelle Zellner, creator of the You Revolution program at [michelle@betterbeings.net](mailto:michelle@betterbeings.net)



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Employee Wellness  
Supporting the Whole Educator