

Fighting Fatigue Solving (your) Energy Crisis

Feel like you are fighting a never-ending battle of To Do's, Want-To-Do's and Have-To-Do's without the proper battle training or support? No time for yourself? Not sleeping well? Tired midday (who is kidding who, ALL DAY)? Physically exhausted? Emotionally exhausted? If this sounds like you (or you are afraid if you don't change some things in your life, it will be you) then join us to learn some tried and true battle strategies. This workshop will focus on:

- Foods to fuel your body and rev up your engine
- Increasing activity levels
- Sleep strategies to rest & repair your body
- Mental challenges to keep you sharp