

Step Into YOUR Greatness!

THREE DAYS PACKED WITH TOOLS, TIPS & FRESH IDEAS TO TRANSFORM YOUR HEALTH & YOUR LIFE!

HEALTH PAVILION



TASTINGS • SELF-ASSESSMENTS • PRIZES & DRAWINGS
DEMOS • WORKSHOPS • CLASSES • MORE!

Thursday 9/17 eat better!



Fresh World Flavors:
Delightful Bites That
Replenish & Restore
NOON - 1:30 PM HEALTH PAVILION



Harmonize Your
Hormones: Elixirs That
Energize & Heal
2:30 - 4 PM HEALTH PAVILION



Protect Your Wellbeing
With Foods At Your
Fingertips!
5 - 6 PM HEALTH PAVILION

**SWEET, SAVORY &
SPICY TASTINGS!**
THURSDAY & FRIDAY
HEALTH PAVILION

Friday 9/18 feel better!



From Self-Sabotage to
Self-Healing: 10 Tips That
Make Life Changes Stick
9 - 10 AM HEALTH PAVILION



Take Care of You AND Get
it All Done: 8 Secrets For
Real-Life Superwomen
11 - 12:30 PM HEALTH PAVILION



Balance Your Blood
Sugar, Balance
Your Health
3:30 - 5:00 PM HEALTH PAVILION



Calm The Noise,
Center The Mind:
Guided Meditation
5:30 - 6:30 PM HEALTH PAVILION

Saturday 9/19 move better!



See The Light: Train
Your Eyes & Brain To
Work in Harmony
9 - 10 AM HEALTH PAVILION



Pilates For The People:
Movement for EVERYBODY
& EVERY BODY!
10:30 - 11:30 AM HEALTH PAVILION



Go With The Flow: Gentle
Restorative Yoga At
YOUR Pace!
NOON - 1 PM HEALTH PAVILION

PRESENTED BY

TrueSelfTotalHealth.com



Toni St. Clair

Cassandra Herbert

Karen Osborne

Pamela Stokes Eggleston

life in balance = health in balance!

Make changes that **STICK!**

TASTINGS • SELF-ASSESSMENTS • PRIZES & DRAWINGS
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**HEALTH
PAVILION**

STOP BY OUR BOOTH
AND ENTER TO WIN

* *The Greatness Package!* *

VALUE
\$660

Includes **90-minute extended private consultation with Antoinette St. Clair, TrueSelf TotalHealth founder PLUS:**

Comprehensive
Health & Vitality
Assessment



Complete
Nutritional
Endocrinology
lab workup



"Is Your Health
In Balance?"
nutrient imbalance
assessment



"30-Day Balance
Your Blood Sugar"
program & our
exclusive "Magic In
Your Cup" recipes



AND your
Customized
Personal
Transformation Plan

Fill your conference schedule with tools that
jumpstart **YOUR** journey to greatness!

1

Schedule your complimentary BodyChemistry Minerals Assessment (book early—limited availability)

2

Take any (or all!) of our free Self-Assessments to check your own vitality and wellbeing!

3

Enjoy sweet and savory chef-prepared tidbits (warning: you may never want fast food again!)

4

Sample our Smoothie Chef's amazing elixirs and watch her entertaining demos!

5

And enjoy daily free classes to help you eat, feel and move better...with fun and practical freebies at every session!

Your Guides For The Journey

Toni St. Clair



TrueSelf TotalHealth founder and a national expert in making lifestyle changes stick, Toni's a champion and guide for everyone who ever thought the journey back to "I feel great today!" was insurmountable.

Cassandra Herbert



Cassandra's unique credentials as psychotherapist, wellness educator and advanced practice nurse help women reclaim and nourish every part of their lives!

Karen Osborne



"Karen O" applies a chef's talents to the freshest ingredients with minimum fuss to create food that's music for the palate, nurturing for the spirit, and kind to the planet.

Pamela Stokes Eggleston



Pam is a force of nature moved by her circumstances, sharing yoga's benefits with those seeking personal growth, health and peace of mind as they overcome deep stress, conflict and trauma.

(214) 577-5547

balance@TrueSelfTotalHealth.com