



Jack Rabbit Energy Workshop

Are you tired, run down? Is it all you can do to get up everyday and go to work?
Are the kids running you ragged?

How would you like to have the *energy* and *spring* of 12 Jack Rabbits on a Trampoline?

The “8 Biggest Health Mistakes Most People Make” are literally draining your metabolism and energy. At the Jack Rabbit Wellness Workshop you will learn the solutions to the “8 Biggest Health Mistakes Most People Make”.

Imagine coming home from work and actually chasing the kids around.
Picture yourself springing out of bed on weekends, blasting through the chores,
then still having energy to take your devoted spouse or partner on a date!
How would you like to look forward to going to the gym everyday?

You and your organization *Absolutely* deserve to receive the value of this event!
Give your group or employees the gift of a high metabolism and more energy.

Invite Deb to your school, organization or business and she will bring
great fun, as well as energy and enthusiasm to
keep your employees or members on the right side of health.

Length: 45 minutes to 2 hours

Presented by Deb Bixler, *Health and Prosperity Coach*