



Sarah Hansel is an author, personal trainer, wellness coach and mom of 6 children from Eldridge, IA. She's a high school cheer coach and loves to teach fitness classes. She loves chips and salsa, coffee, and board games. One thing she doesn't love is the relentless struggle of trying to make healthy choices. No one is 100% immune to this struggle, because it comes from somewhere we don't even expect. Come be immersed in love, learning, and laughs with your friends while targeting your health. Invite Sarah at your next meeting to help reveal practical healthy tools and strategies found in God's word.

Wellness Nights

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Wellness Topics at a Glance

PHYSICAL HEALTH: DON'T WASTE TIME WITH CARDIO

NUTRITIONAL HEALTH: LEARN THE EASIEST MEAL PLANS EVER

EMOTIONAL HEALTH: HOW TO STOP EMOTIONAL EATING

MENTAL HEALTH: GOD'S PLAN TO COMBAT JEALOUSY & INSECURITY

SPIRITUAL HEALTH: GOD'S 3 MAJOR REMEDIES FOR HEALTH

SOCIAL HEALTH: THE WAR BEHIND OUR HEALTH

Wellness Gathering Options

11/2 - 2 WEEK NIGHT MEETING-ARM YOURSELF WITH HEALTH

HOURS

Gather your women for a night of fun and learning as you discuss how to overcome 'hearty' issues and uncover God's remedies about your self-image and overall health. We'll talk about cutting edge health concepts and how they stack up with the Bible. Walk out energized and with a plan to arm yourself that night with biblical health.

Make the night simple and have your ladies just show up—no strings attached. Or, pair it with a light healthy snack or a fitness class. Each group has its own focus. Each talk can be tailored to each group personally - no cookie cutting going on here.

11/2- 2 WELLNESS WEEKEND- ARM YOURSELF WITH HEALTH

DAYS

Example:
Friday night
& Saturday

Set aside a wellness weekend to focus on your group's personal health. Start with a group self-assessment to tailor the desired path for the weekend. Then, Sarah will meet with you and your leaders prior to your wellness weekend to make it personally effective and lasting. With specifically targeted bonding breakout sessions, optional group fitness classes (for any level), snack make-n-take options, and accountability workshops, each woman will walk away with healthy applications that very day.

BOOKING INFORMATION

Sarah won't leave you hanging after your time together. She has a 14-week personal wellness study each of your ladies can read to enhance and continue their journey for a life overflowing with God's love:

Arm Yourself for Fit & Faithful Living: How God-Seeking Women Should Equip Themselves for True Health.

Contact Sarah at the above info to get your group's date set. Your financial love offering can help with travel expenses (no set price).