



Welcome My Friends

*"Come spend a weekend with me in Prescott, AZ at **HEALTH HAVEN**, a weekend get-out-of-town Discovery Series for Women who don't mind ditching their heels and taking deep breaths in the great outdoors."* Your host: Sharon Madsen

VIDEO: WWW.FOODSENSEATOZ.COM



The Health Haven Experience

With a background as a Nutritional Consultant, Author, Speaker and personal Coach, Sharon's focus will feature a hands-on, interpersonal journey into the world of nutrition and wellness. Topics will include:

- How the body uses food
- How Nutrition affects your Emotions
- Relaxation, Exercise and Digestion
- Building nutritional 'vision boards' to focus and prioritize your food choices
- Experience the joy in making new like-minded friends, discovering all the things you have in common, learning together, exercising together, laughing together, and experiencing empowerment together.
- **If this weekend sounds like you, IT CAN BE YOU**
- **Space is limited so reserve your spot today!**





Health Haven - Prescott, AZ

"Accommodations for all attendees will be at the historic Hotel St. Michael across the street from the Yavapai Court House plaza. Once inside, the charm of this hotel and the fabulous Bistro Restaurant will truly captivate you." Your host: Sharon Madsen

Learning Workshops*

- On the Go Eating
- Nutritional Hydration
- Pantry and Refrigerator 101
- Making healthy meals like a pro
- The Mental Side of Nutrition
- How to order at a restaurant
- Wellness and accountability
- Special guest speakers
- Morning and evening meditation
- How to make your own personal tincture with instruction from a world-class herbalist
- Make your own relaxing body 'scrub'
- Make your own nutritional Vision Board



Personalized for You

- Signed copy of my new book: \$20 value
Helping You Make Sense of Food
- Chair massage \$25 value
(certified massage therapist)
- Personal tincture \$25 value
- Swag Bag \$35 value
Health Haven T-Shirt, nutritional
supplement samples, hand
sanitizer, vision board kit



WATCH VIDEO:
WWW.FOODSENSEATOZ.COM

1: Booking Your Hotel Room

*"This **HEALTH HAVEN** weekend has been capped at 14 attendees. Rooms at the Hotel St. Michael have been reserved, so make sure you hold your spot and register today... this event will fill quickly."*
Your host: Sharon Madsen

HOTEL ST. MICHAEL RESERVATION DETAILS

- 205 W. Gurley St. Prescott, AZ (928) 776 1999
- www.stmichaelhotel.com
- These are the rooms you can choose from:
 - Standard 2 Queen \$125.10 (2 rooms)
 - Standard Queen Interior \$107.10 (3 rooms)
 - Economy Queen Interior \$107.10 (2 rooms).
 (these are one night rates paid to the hotel)
- **Reserve your own room by Dec.18, 2018.**
- Call the hotel and mention "Foodsense AtoZ" to receive the discounted Health Haven rate.

Our Schedule

- January 18-20, 2019

- **Friday** Jan.18, 3:00pm, Hotel check-in
- Learning Workshop* orientation, 4:00pm
- Friday dinner: Attendee
- Evening walk with Sharon
- **Saturday** Jan.19, Morning walk with Sharon
- Breakfast: Courtesy of Hotel
- Learning Workshop* activities
- Saturday lunch: Prepared by Sharon
- Learning Workshop* activities
- Saturday dinner: Attendee
- Evening walk with Sharon
- **Sunday** Jan. 20, Morning walk with Sharon
- Breakfast: Courtesy of Hotel
- Learning Workshop* activities
- Sunday lunch: Attendee
- Learning Workshop* activities
- Event conclusion Sunday at 4:00pm

2: Registering for Health Haven

- Cost for the full weekend of Health Haven activities and workshops is \$275.
(Hotel not included)

Online Registration

- Go to my website at www.foodsenseatoz.com and click the PayPal link.
- From there you can select one of the two following payment options:

Option A: One time payment of \$275.

- Attendees that complete payment by January 4, 2019 receive a free 30 minute phone consultation with Sharon. **PayPal A**

Option B: Two payments of \$150 each.

- The first payment of \$150 is due when you register for the weekend..
- **The remaining payment of \$150 is due by January 4, 2019.**
- There are no refunds. **PayPal B**