



Self Care Love Affair!®

28 Day Clean Eating Program

& Healthy Lifestyle Immersion

June 2017

Details: christenresmo.com

Register online, or call: 303-904-0221 or email: christen@christenresmo.com

Space is limited!

\$325

Save \$30 (\$295) when you sign up by April 15th
Or **Save \$30** when you bring a friend (\$295 each)

Includes: Group Health Coaching Sessions, Tips & Recipes for Clean Eating, Healthy Food Cooking Class, Meditation Classes & Reiki Experience, Pilates Equipment Classes, Walking & Hiking Adventures, Dance Class, Your Own Personalized Clean-Eating Plan and Scorecard, Healthy SKoop, Essential Oils and MORE!
plus BIG savings on individual Reiki and Health Coaching sessions !



Starts with: Kick-Off Party on Sat. June 3rd 10:00 am – 12:00 pm at Center for Clarity, DTC
Ends with: Dance Fusion Class & Potluck Celebration on Sun July 2nd 4:00-6:00 pm Overstreet Dance

Featuring: Your own supply of plant-powered nutrition



Grand Prize Winner: "Be Brilliant" Makeover \$3,297+ VALUE

- **Style Support:** Be Brilliant Coaching with personal style expert, Jean Hendry, who will educate you on your Personal Brilliance, best colors, clothing shapes, proportions and styles that reflect your unique personalities. You will receive a color swatch palette designed just for you, along with a selection of makeup that best supports your coloring Value: \$1,897 beyourbrilliant.best
- **Zoom Teeth Whitening** by Dr. Lee Weisbard \$800 value weisbarddental.com
- **Clothes to Match Your New Image:** Dawn Johnson from *Mainstream Boutique* will host a VIP Personal Shopping experience where you will enjoy light refreshments, while you spend your \$150 gift card and receive a special bracelet to remind you of your experience. Additional purchases on your shopping day are 20% off. Jean Hendry will shop with you to help you choose an outfit that makes you look your Brilliant Best! Value: \$350 mainstreamboutique.com
- **Good Hair Days: Cut and color** by Maree Chavez and her team at Hair People, who will work with your style and Jean Hendry's advice \$250 value hairsalondenver.co

Professional Head Shot from Mike's Camera with Jen Jones, photos taken at Camp Experience

Register at: www.selfcareloveaffair.com

Other Top Prize Winners Receive the Following...

- **2nd prize** 2 Hour Get Clarity Coaching session plus follow up with Cathy Hawk (\$500 value) getclarity.com
- **3rd prize** Package of 4, 45 minute private Dance Lessons at Overstreet Dance Studio (\$375 value) overstreetdance.com
- **4th prize** Package of 5, Privates Pilates Lessons with Pilates Plus (value) (\$340) pilatesplusstudios.org
- **5th prize** Glowing Skin Care: 2 month VIP membership to Skin Essentials downtown Littleton - your choice of monthly massage, Microdermabrasion, facials, plus product discounts (\$178 value) skinessentialsco.com
- **6th prize** 2 Hours "Learn How to Cook" session from Chef Lynda Lacher, Therapeutic Chef and Culinary Instructor cookeatthrive.com (does not include groceries) (value \$125)



Weekly Drawings for:

- **Reiki & Health Coaching Session:** Christen Resmo, RN, Health Coach; CMR Healing Arts DTC studio Healthy Skoop, doTERRA Essential Oil, & Camp Sweatshirt (\$200 combined weekly value X 4 = \$800)



Eligibility to Win: The top point earners earn the opportunity to go for the GRAND PRIZE and other TOP PRIZES by writing a story about "How this Health Journey Enhanced My Life" (all are willing to have their story be filmed for the 🌸 CAMP Experience). Panel of 5 judges, not judged on story telling or writing ability but judged on merit of transformation made

What is Included:

- **Kick-off Event** Center for Clarity – receive your **STARTER KIT** with your own supply of Healthy **SKOOP**, metal water bottle and essential oil, yoga mats, your **SCORECARD** plus directions and details, and Your **Clean Eating Plan** information ([teleconference event will be held](#) for people who cannot attend)
- 4 Weekly tele-**Health Coaching Group Sessions**, by [teleconference lines](#)
- 4 Weekly **Pilates Mat & Equipment Classes** with schedule flexibility, at [Pilates Plus in Greenwood Village](#)

- 3 Weekly **Group Walks/ Hikes** on local city and foothills trails (locations to be announced)
- 4 **Meditation** and **Guided Visualization Classes** for stress reduction and relaxation, at Center for Clarity
- **Cooking Classes** with Chef Lynda Lacher of Cook, Eat, Thrive, in Christen Resmo's kitchen 😊
- Daily **Health Coaching Messages** with Whole Food/Soul Food Tips for Health and Happiness (email and fb)
- **Unlimited Coaching Support**, reach out to Christen when you have questions, need redirection or support
- **Private Facebook Group** for mutual stories, inspiration and encouragement
- **Closing Event: Dance/Yoga Fusion and Celebration** at Overstreet Dance Center with Lindsey Dechant
- **Prizes for top point earners** (also announced at September Camp Experience) **Register at:** www.christenresmo.com

Point System

You will receive a **SCORECARD** at the start of the program and have the opportunity to earn points by following your plan every day. The SCORECARD is your place to record your clean-eating success, and self-care activities. In addition to scoring points every day for following your plan, **you will receive additional points for participating** in the activities available to you over the 28 day period.

These activities are:

- Kickoff Event (or by teleconference call if you cannot attend)
- Group Health Coaching Sessions (by teleconference)
- Cooking Class
- Meditation & Guided Visualization Classes
- Pilates Mat and Equipment Classes
- Twilight Group Hikes and Walks
- Dance/Yoga Fusion Class and Closing Celebration

The SCORECARD **PRESCRIPTION** for every participant includes: adequate water intake, getting enough sleep, participating in physical activity, eating plenty of fruits and vegetables, and a reduction in daily sugar intake.

You will also be **choosing from a list of things to add and remove from your life for 28 days**. You will be **adding 3 things and removing 3 things** based on what feels doable, but challenging, to you. This will allow you to create an individualized plan that honors what you most want to focus on now.

The scorecard point system will give you both the structure and the freedom to make educated, self-directed choices that you feel really good about and are excited to implement now. In this system, you will start to see the changes that you've really wanted to see, and have the support of an interested and engaged community while doing so.

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let's get healthy together ...

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