

DARING TO SHOW UP

Positively Healthy

ONLINE WELLNESS RETREAT
MARCH 4TH - 5TH

DAY 1 AGENDA - MARCH 4TH

TIME	TOPIC
8 - 8:15 AM	Breakfast Shake Up! with Carmen James
8:15 AM - 9 AM	Power 45 Workout with Carmen James
9 - 9:15 AM	Break
9:15 AM - 10 AM	Oil Up & Grab Your Supplements with Chris Zimmerer
10 - 10:15 AM	Break
10:15 - 11:15 AM	Creating Your Super Life Now with Carmen James
11:15 - 11:30 AM	Break
11:30 AM - 12:30 PM	Cooking For The Time Crunched Family with Wendy Harrison
12:30 PM	Day 1 Wrap-Up

Carmen James

VIRTUAL HEALTH & WELLNESS COACHING

FEATURED SESSION SPEAKERS



Carmen James

Virtual Health & Wellness Coach
Creator of FitSouls and
Dare To Be Healthy & Happy

YOUR HOST

On Day 1, Carmen will be showing you how to shake up the start of your day with a healthy and delicious shake. Next, she will lead you through an amazing 45 minute workout (suitable for ANY fitness level).

In her keynote speech, "Creating Your Super Life Now", Carmen will invite you to have a "heart to heart" talk and show you exactly how to cultivate a powerful and positive mindset that will propel you toward your goals by ditching the broken record of our past stories and excuses to focus on who we are becoming. No more waiting for the perfect version of yourself to show up in the mirror in order to love her! Start today, start now!



Chris Zimmerer

doTerra Wellness Advocate

Chris is a certified Essential Oil Specialist and is certified in Aroma Touch Technique.

Oil Up & Grab Your Supplements! In this session you will learn what essential oils are, where they come from, and how to safely use them for yourself, your family, and even your pets! Chris will also teach about toxins in the home and how to replace everyday items with safer alternatives. You will walk away knowing how to improve sleep, stress and digestion.



Wendy Harrison

Instagram Influencer -
The Queen of Easy Meals

Wendy has mastered the art of easy meals and loves sharing them with others.

Join Wendy for a LIVE cooking demo on how to cook easy, quick, and delicious meals for the time crunched family. A busy family doesn't have to bust it through the drive-through every day... Wendy's recipes and tips make it EASY to serve up home cooked meals your family will love! Find the recipes she will be cooking on page 4!

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DAY 2 AGENDA - MARCH 5TH

TIME	TOPIC
7:45 - 8:15 AM	Express 30 Workout with Carmen James
8:15 - 8:30 AM	Break
8:30 - 9:15 AM	Hope, Help & Healing for the Diet Weary Soul with Laura Acuña
9:15 - 9:30 AM	Break
9:30 - 10:30 AM	Show Up Positive with Rita Ernst
10:30 - 10:45 AM	Break
10:45 - 11:30 AM	Frozen Meal Dupes with Diane Kanney
11:30 AM - 12 PM	Cup Filling Crafting with Amanda Reisinger
12 - 1 PM	Look To The Garden - Living A Natural Life, with Kelly Huff
1 - 1:15 PM	Day 2 Wrap-Up & Next Steps

Carmen James

VIRTUAL HEALTH & WELLNESS COACHING

FEATURED SESSION SPEAKERS



Carmen James

Virtual Health & Wellness Coach
Creator of FitSouls and
Dare To Be Healthy & Happy

Join Carmen for an Express 30 workout to boost your energy for the day!

YOUR HOST



Laura Acuña

Speaker, Author, Bible Teacher,
Podcast Host & Coach

Tired of the dieting roller coaster? After years of losing weight and gaining it all back, have the empty promises made by the dieting industry left you frustrated?

Laura Acuña understands. She lived the cycle of shame and defeat for almost 50 years ... until the Lord set her free. Join Laura and learn to re-think your struggles with disordered eating, body image and dieting through the lens of self-compassion and God's grace.



Rita Ernst

Owner, Ignite Your Extraordinary

Did you know that you spend 1/3 of your life at work?

Transform your work-life into one that is cup-filling versus one that leaves you feeling depleted!

In this session, you will learn how to release yourself from blame conversations and forgive yourself and others too. You will recognize your superpower to create what matters most to you and stop giving away your power to others so you can experience the transformative power of choosing to #ShowUpPositive daily!



Kelly Huff

Certified Herbalist & Gardener

Take a journey back to the garden with me, to the natural life God intended. Learn how to grow and preserve your own food and herbs, and how to use herbs medicinally.

Kelly will be providing a LIVE demo and introduction to Organic Gardening and Herbal Preparations.

The live demo will cover starting seeds indoors, cold stratification, when to transplant, companion planting, herbal actions, types of preparations, demonstrations on making a salve and a tincture, and an interactive Q&A session.

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Diane Kanney

Veteran FitSouls Tribe Member

As a veteran FitSouls tribe member, Diane is excited to share how she has turned the knowledge shared by Coach Carmen James into inspiration! In her session, **Frozen Meal Dupes**, Diane will discuss why you can ditch the frozen foods and make healthy delicious, restaurant-quality meals for pennies on the dollar.

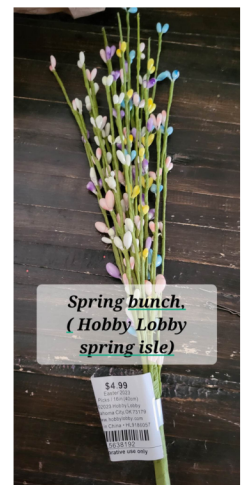
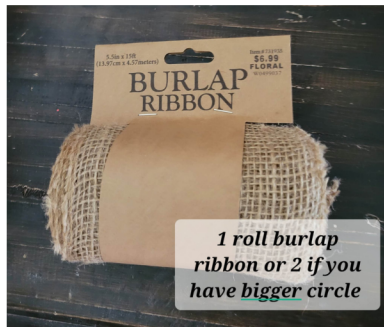


Amanda Reisinger

Veteran FitSouls Tribe Member

As a veteran FitSouls tribe member, Amanda is excited to share her love of crafting as a creative outlet for self-care. In her session, **Cup Filling Crafting**, Amanda will demonstrate how to create a very simple spring craft that can be used as decor for your door, or to hang anywhere you would like. You do NOT have to be "good" at crafting, this is very basic and easy to do.

Cup Filling Crafting Supply List



Other materials needed sissors, floral wire, wire nippers. Roll of Spring Colored ribbon.

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QUEEN OF EASY MEALS RETREAT RECIPES

*Cracker Barrel
Chicken*



INGREDIENTS

- 3-4 chicken breast, cut into tenderloin strips
- 1/2 cup Italian dressing
- 2 Tablespoons honey
- 2 teaspoons lime juice

INSTRUCTIONS

- Place chicken in a Ziplock bag.
- Add the Italian dressing, honey and lime juice. Marinate in the refrigerator for at least 1 hour.
- Add chicken and liquid to a large skillet. Cook over medium heat until liquid is reduced and chicken is golden in color. Make sure you turn the chicken throughout the cooking process.
- Chicken should be 165 degrees on the inside.

*Sheet Pan Chicken
& Veggies*



INGREDIENTS

- 3-4 boneless, skinless chicken breasts cut into bite size pieces
- 4 cups assorted vegetables
- 2 Tbsp olive oil
- 1 package McCormick One Farmer's Market Chicken and Vegetables
- 3/4 TBS Water

INSTRUCTIONS

- Preheat oven to 400 degrees.
- Mix seasoning mix, oil and water in a bowl.
- Add chicken and vegetables and toss to coat.
- Place on a sheet pan sprayed with nonstick spray.
- Bake for 30 minutes.