



# Sugar & Chi Wellness Seminar

## FACILITATED BY:

Sarah Thomssen and  
Andrea Rae

**Sarah** is a certified wellness coach and Team Leader with Dr. Ray Strand's Healthy for Life Program.

**Andrea** is the owner of Alinga Bodywork offering energy balancing bodywork and classes.

**Sarah** and **Andrea** are members of **Team Northrup**, a group aligned with the work of **Christiane Northrup, MD**.

Dr. Northrup is a respected authority on women's health and the author of several **New York Times best-selling books**, including *Women's Bodies; Women's Wisdom*.

Announcing the **Sugar & Chi Wellness Seminar** - You are offered this invitation to **indulge your senses in an experience of wellness**. Uncover **holistic approaches to longevity**. Be educated on cutting-edge scientific information that will allow you to **RESET** your health. Be among the first to be pampered with a preservative- and paraben-free, self-preserving skin nutrition line. Learn about low-glycemic, anti-inflammatory nutrition. Discover the relationship between sugar and energy flow.

**Simple lifestyle changes** that will **improve your health** is what it's all about - everything from what you eat to what you put on your skin, to how active you are, to how you balance everyday stress, to how to allow your emotions to process and your energy to flow. **Come join us in building a lasting foundation for true health.**

RELAX. RENEW. RESET. **Enjoy.**

**WHEN? Choose one of the following options:**

- **Wed, January 19: 7 - 9 PM**
- **Tues, February 3: 7-9 PM**
- **Wed, February 16: 7-9 PM**

By invitation only, with limited attendance. You are **welcome to extend the invitation to a friend**; please include the number attending when you RSVP.

**Location:** Alinga Studios  
6826 Greenwood Ave N.  
Seattle, WA 98103  
**RSVP to Andrea** at (206) 225 4787 or  
andrea.rae@gmail.com.

