

# Stressed, Exhausted or Burnt out?

Want a day that lights you up, energises you, makes you feel happy, helps you stay healthy, enables you to be productive and keeps you inspired and excited about life?

Adopt a badass morning routine, take control back and set your day up right.

PMAANZ is hosting a workshop  
**BADASS Morning Routine**

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**Date/Time:** Wed Sept 28th 6:30 pm

**Venue:** Richmond Health Centre  
40a Oxford St, Richmond

**Nutrition & Health Coach:** Rochelle Ward - Happier Healthier You



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**BadASS  
Morning Routine!**



Welcome to being a  
Happy Healthy Badass  
unapologetically!

