

# AGENDA

**FRIDAY 9 AM – 6:30 PM**

**A day of discovery and self-care.**

- Explore current health habits
- Create healthy boundaries
- Establish positive life rules
- Discover how to live stress free
- Set goals and identify action steps

**Relax and Renew** with Angela's favorite class, Stretch Fusion! The amazing Victoria Baird will be our guide for this perfect, all-inclusive experience! Regardless of age, fitness level, or body type, you'll feel comfortable and capable and your body will love you for it!

**Happy Hour:** Wine, non-alcoholic beverages and appetizers will be served. This is a time to relax and enjoy connecting with one other.

**SATURDAY 9 AM – 7 PM**

**A day all about building a solid foundation!**

- Review the three most important nutrients for health
- Uncover the science behind food and understand it's role in healing
- Investigate the ins and outs of sugar
- Advocate for yourself through label reading
- Discuss easy meal prep and planning ideas
- Set goals and identify action steps

**Experiential dinner:** This experience will be enlightening and fun! You never have to sacrifice flavor for nourishing food. Your taste buds will dance with delight and we'll have fun exploring how food serves the body. We'll also discuss how to make healthy choices while dining out.

**SUNDAY 9 AM – 12 PM**

**A day of reflection, commitment, and planning.**

- Review goals and action steps
- Solidify our commitment to health and happiness
- Create a personalized plan for long-term success
- Celebrate!

# TRANSFORM

**FEEL GOOD | LOOK GOOD | FOR LIFE**

## A Weekend Solely Dedicated to You!

It's a time for you to explore your health habits and challenges, learn new strategies to grow in health and create ease in life, and return home feeling refreshed, renewed, and reenergized. It's time to fully immerse yourself, to do the work, and start healing from the inside out.

This experience is perfect for individuals who want to feel better and are interested in rolling up their sleeves and doing the work to get there. We'll focus on two key areas: Table Food and Life Food. Table Food refers to the food we eat to nourish our body. Life food includes everything outside of the food and drink we consume as fuel. It includes healthy boundaries, stress management, relationships and more. We'll explore the choices you're making today with Table Food and Life Food, assess where you'd like to be in the future and create a personal action plan to get you there.

Transform will help you achieve your goals. All too often, we get used to functioning at whatever level we're at. Dealing with excess weight, fatigue, joint pain, headaches and sleeplessness, to name a few, isn't easy. Think big, believe that there's more for you in this life, and dedicate this time to jumpstart your health journey. Your body will love you for it!

Clients who have used the strategies shared at Transform have reached their weight goals. They feel energetic and have more focus and clarity. They've healed the body. One client shared that she never realized it was possible to feel this good again! What is your big, bodacious goal? Believe it can be and join us to start the transformation.

**October 5-7, 2018  
Denver, Colorado**

**At the Colorado Automobile  
Dealers Association  
290 E. Speer Blvd., Denver, CO 80203**

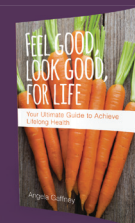
## Your To-do List:

- Book travel:** Fly into Denver International Airport, you'll be a 30-min ride from the area of your hotel and Transform meeting space.
- Book ground transportation:** Taxi, Lyft, Uber, and extensive shuttle options including Light Rail are all available at the airport.
- Book lodging:** There are plenty of properties available to suit your needs. Here's a list for you to explore, check out Hotels.Com, Priceline.com and Trivago for hotel deals and competitive pricing:
  - JW Marriot Cherry Creek – 2 miles away
  - TownePlace Suites by Marriott – .5 miles away
  - HALCYON Cherry Creek – 3 miles away
  - Hilton Garden Inn Downtown – 2 miles away
  - Embassy Suites Downtown Denver – 2 miles away
- Be on time:** We want you to experience every single moment of Transform. No late arrivals and no early departures. This time is for YOU; honor it and enjoy.
- Purchase meals:** Transform includes appetizers and drinks at Happy Hour on Friday night, the Experiential Dinner on Saturday night and complimentary snacks throughout the weekend. You'll be responsible for your breakfast, lunches and one dinner on Friday night.
- Show up FULLY:** This is a full-immersion experience. Bring your excitement, your questions, your challenges and an open mind. Be ready to engage, interact and do good work for yourself. We'll do our best to eliminate distractions and create a peaceful experience.
- Hydration:** It is always a good idea to bring your water bottle to Transform. There'll be plenty of opportunity to refill throughout the day. Drinks will also be on hand. Hydrate well before your arrival to ensure an easy visit at an altitude of 5280.
- Be comfortable:** Be as cozy with attire as you'd like. Friday's stretch class is a beautiful opportunity for all; wear comfortable active wear or bring it with you to change into. Feel free to show up in your favorite yoga pants, comfy jeans or the brightest, sparkly dress you have for daily activities. Anything flies here as long as it feels great to you!
- Bring a yoga mat or a towel:** We request you bring your favorite yoga mat or beach towel for Stretch Fusion on Friday afternoon. Please let us know if this is a challenge for you, we can probably round up a couple of extras.
- Bring one of your favorite people:** One of the best things you can do for yourself in a health journey is have a supportive, caring accountability partner to enjoy the ride with. Bring this person with you to Transform! When you bring a friend or family member we'll gift each of you a copy of Angela's cookbook *The Daily Essentials Cookbook Collection: Breakfast* to support you with tasty, healthy breakfast recipes and ideas. Please make sure each of you register for Transform!

Go to  
[www.AngelaGaffney.com](http://www.AngelaGaffney.com)  
for links to book hotel  
and transportation.

## Every attendee will receive:

- Signed copy of Angela's best-selling book *Feel Good, Look Good, For Life*
- A copy of the *Feel Good, Look Good, For Life Journal*
- Easy Meal-Planning Guide
- Stress-Busting Strategies Guide
- A library of resources to support you in health and happiness



Secure your spot at Transform with a non-refundable deposit, then you decide how much the Transform experience is worth to you! See [www.AngelaGaffney.com](http://www.AngelaGaffney.com) for more information. **\$250**



**KEYNOTE SPEAKER  
AUTHOR  
WELLNESS EXPERT**

Angela is the trusted resource for simple, effective strategies to help you achieve health, increase productivity and live stress-free while fulfilling your personal and professional goals.



**Learn More, Review the  
Schedule and Register at  
[www.AngelaGaffney.com](http://www.AngelaGaffney.com)**