

# 6 LITTLE KNOWN CULPRITS THAT KEEP YOU EXHAUSTED & THE FASTEST WAY TO INCREASE ENERGY FOR GOOD



## Where & When

St. Joseph The Worker  
700 E. Spruce Street  
Chatham, IL 62629

Free Resources and  
additional support  
available for  
attendees

### Learn About:

- The 6 major factors that sap energy without us noticing.
- A simple strategy to overcome the mid-afternoon slump.
- Four energizing foods that can boost daily vitality.

**Tuesday Evening**  
**September 3, 2024**  
**6:30 PM - 7:30 PM**

### About Mike:

Mike Thomas is a pharmacist, board certified health coach and public speaker passionate about helping people regain their energy and vitality.



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