



I'm Cathy Richards from *Inspiring Vitality*. I was so excited to spend time with you at the FSA 2023 fall conference. I would love to stay connected and support your efforts to stay healthy and resilient! I am also eager to support your team members as well and would love to come do a presentation at your location.

I've created a special web page in order for you to download the handouts from my two presentations on Oct. 4, 2023 and also additional resources you may be interested in, including my *Intentional Living and Longevity* Program, and additional free downloads such as my "Back on Track" challenge, "What I Eat in a Day" and "Your Relaxation and Rejuvenation Guidebook". I also invite you to take my "Wellness Wake-Up Call Quiz". Please don't hesitate to reach out to me directly if you would like to discuss a presentation at your community or if I can be of assistance to you personally in your wellness journey!

Handout from **BOOM: Beating Burnout and Building Resilience** and **Boost Your Positive Mindset** can be found at this link: <https://www.cathyrichards.net/fsa>

You can also click on one of the thumbnails below:



I look forward to staying in touch!

Cathy Richards