



PEV VIRTUAL SEMINAR

LIFESTYLE INFORMATION TO SUPPORT SELF-CARE



Guest Speaker **Deborah Maier** will talk about how mindset can inform and support your lifestyle choices to help you reach your goals and achieve everyday fulfillment.

Nutrition, stress management strategies, and lifestyle modification will be discussed with a holistic approach and everyday applications.

ZOOM EVENT INFO

DATE: Thursday, February 11, 2021 @ 7-8 pm

This event will take place only via Zoom. Once you have registered, you will receive a link via email.

REGISTRATION

To register visit: WWW.PEV.CA/UPCOMING-EVENTS
For more info, contact seminarse@pev.ca

A suggested donation of \$10 can be made at
WWW.PEV.CA/DONATE

Deborah Maier has a BSc with a focus in biology and evolution. Her post graduate studies include lifestyle modification certifications from the CHEK Institute.

Ms. Maier has been practising holistic lifestyle modification for 10 years, servicing professional athletes (NBA, MLB) as well as persons with degenerative disease (MS, Cancer).

She also specializes in food formulations (8 years), topical formulations (2 years) with a focus on holistic and specific diet modifications.