



Join Nikki Ubaldini and her special guests for this full day retreat of health and wellness for your business and personal life!

## Full Day Retreat



**NIKKI UBALDINI**

*Multiple Business Owner/Leader  
National Speaker & Trainer*



**DR. TERRY M. HAMBRICK**

[DRTERRYHAMBRICK.COM](http://DRTERRYHAMBRICK.COM)  
*Holistic Healing, Chiropractor,  
Kinesiologist & Acupuncturist*



**ALLY FORD, E-RYT**

[ALLYFORD.COM](http://ALLYFORD.COM)  
*Mindfulness Practitioner, Professional  
Speaker, Author, Yoga Instructor Trainer,  
Certified Yoga & Meditation Instructor*



**DONNY KIM**

**TAMPA BAY FITNESS**

*Certified Professional Trainer, Performance  
Enhance Specialist, National Master Body  
Building Champion, Co-Author of  
"Over 40 and Sexy as Hell"*



**LESLIE COHEN**

*BS in Exercise Science  
Certified Yoga & Meditation  
Instructor*



**CHEF ANTHONY DIGIORGIO**

[FACEBOOK.COM/CHEFANTHONYDIGIORGIO](https://FACEBOOK.COM/CHEFANTHONYDIGIORGIO)

*Private Chef  
Fitness & Health Enthusiast*

**Sat, Oct 12<sup>th</sup> from 9 am-5 pm**

**Cost: \$20**

The Centre of Palm Harbor  
1500 16th Street  
Palm Harbor, FL 34683

*\* Light breakfast, lunch, and  
refreshments will be provided.*

*\* Comfortable attire  
recommended.*

**REGISTER TODAY!**

**[WERetreatOct12.eventbrite.com](http://WERetreatOct12.eventbrite.com)**