

**EARLY BIRD REGISTRATION SPECIAL!!**

**REGISTER TODAY AND SAVE !!!**

Are You Sick and Tired of Being Sick and Tired?  
Do You Want to Do Better?

Learn To Live Your Best Life Now At:

***The Great Escape***  
**– Stress and Anxiety Solutions, Relaxation, and Wellness Day**  
***“Igniting the Creativity in You”***

Enjoy A Day of Guilt Free Relaxation, Pampering and Fun!

**Our Workshops and Seminars are Designed to Help You to:**

♥ Discover **New** Methods of Relaxation so that you ♦Relax More & ♦Stress Less

♥Have More Time to Do the Things You Love.

♥Discover the Secrets of True Sustainable Weight Loss

♦Pamper Yourself Guilt Free, ♦Heal Yourself & ♦Heal Your Family

♥Have More Energy and Live Your Best Life Now.

♥Discover how to Balance Your Hormones and Care for Your Skin

♥Discover the Foods That Maximize Your Wellness Without Breaking The Bank.  
And So Much More.....

As an added bonus, while you are relaxing, we are educating your children through their own fun wellness activities. This is a family affair.

**REGISTER TODAY, Save Over 60% AND PAY ONLY \$19.95!!!!**

Spend this Day Being Pampered by our Massage Therapists, Reflexologist, Natural Food Professionals, Naturopathic Doctors and Many More Amazing Healing Professionals!  
They are Equipped to Help You Achieve Your Health, Life and Family Goals.

**Spaces are Limited! Hurry and Register Today!** Call 917 609-8533

**Credit Card** Payments Are Made Through **PayPal** to:

**[Info@EatandCompete.com](mailto:Info@EatandCompete.com)**

*Enjoy a glass of Wine on us and Delicious Appetizers while Enjoying  
The Great Escape!*

**Date:** Sunday July 12, 2015

**Website:** <https://eatandcompete.wordpress.com>

**Location:** New York City, New York in Tribeca Area. Details to Follow Upon Registration.

**Time:** 12:00pm – 4:00pm **Investment** in Yourself and Your Family: \$35pp, \$5 child

**Register 6/27/15 – 6/29/14 and Save with Our Buddy Special: 2 adults for \$55!**

**\*\*Note: Due to Limited Space, Walk-ins Are Not Allowed!!\*\***