



PRESENTS

# Secrets to Breaking Free from Burnout and Being Overwhelmed

Thursday, May 13, 7:30pm on Zoom



<https://us02web.zoom.us/j/87682446373>  
join health coach **Waltraud Unger**

**Is constant stress impacting your success or your health?**

**You will uncover the root causes and habits that hold you back from achieving your goals.**

## Learn how to:

- **Avoid weight gain, chronic illness, anxiety**
- **Feel healthy, focused and energized**
- **Live life with purpose, ease and flow**
- **Be present, engaged, and excited both at home and at work**

Waltraud Unger is a certified health coach for high achievers who want to improve their health and thrive in life.

As a former research scientist and corporate business leader turned health coach, she coached hundreds of people to improve their health, excel in their career and lead meaningful lives.

Her clients establish healthy habits so they can leave behind weight gain, chronic illness, anxiety & burnout to build a solid foundation for their success.