

MIND

BODY

SOUL

Free Info Session

August 25, 7PM CST



Scan for Zoom link

Revival of the Fittest

A Masterclass for the Mature Woman Ready to
Redesign her Life and Legacy

A transformative 24-week Masterclass led by Julie Bruns, Nurse & Certified Wholeness Coach

You've spent years giving, raising children, supporting others, and **being who everyone else needed you to be.** Now it's your time. But instead of feeling freedom, you feel.... lost.

Transitions like retirement, divorce, loss, or empty nesting can bring unexpected emotions:

- Loss of identity and purpose
- Guilt around prioritizing yourself
- Difficulty setting healthy boundaries
- Feeling stuck between what you want and what feels "allowed"
- Low self-worth

This Masterclass is designed to help you:

- Focus on self-discovery and healing
- Feel excited about what's next
- Take care of your body, mind, and spirit
- Identify your spiritual gifts
- Build a meaningful life - without guilt

Renew the Mind.

Restore the Body.

Refresh the Soul.

 Julie Bruns
Coaching

FOR A LIFE OF FULFILLMENT

Meet Your Guide

Hi, I'm Julie Bruns
Nurse, Certified Wholeness Coach & Speaker



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Coaching
FOR A LIFE OF FULFILLMENT

For more than 30 years, I've educated and inspired audiences with warmth, humor and honesty. I am passionate about taking women on an inward journey to break free from limiting beliefs and discover their true worth, value, and purpose. As a faith centered Certified Wholeness Coach and woman who has found strength, transformation, and triumph in the aftermath of trauma, I know the importance of healing, faith, honoring your journey, and stepping boldly into the next chapter.

I created this Masterclass to empower you with permission and a plan to rediscover YOU.

What if:

- You looked in the mirror and smiled?
- You began to dream again?
- You no longer lived for approval?
- You wrote that book?
- You took that trip?
- You made decisions with boldness?
- You lived with purpose, peace and joy?

The Plan - ABC's of Revival

A- AIRWAY

The Art of Being a Woman

Reconnect with who you are now. Celebrate your strengths, beauty, and resilience. Let go of guilt and rewrite your inner narrative.

B - BREATHING

Heal What's Between Your Head and Heart

Explore how your body speaks. Understand emotional blocks, brain fog, and lingering grief. Experience the healing power of surrender.

C- CIRCULATION

Design the Legacy You Want to Leave

Discover your spiritual gifts and how to use them. Define the legacy you want to leave with intention and joy. Bring your contribution to the world with clarity and courage.

Register today, just scan the QR code



Investment & Details

Live Zoom Sessions: September 22, 2025 - April 20, 2026
Mondays, 6-7 PM CST
(No classes in December)

Program Investment: \$1,597

- Payment Options:**
- Pay in full: Cash or check. Receive 3 bonus 1-on-1 coaching sessions. (\$300 value)
 - Installments: \$798..50 down + 4 monthly payments of \$225

Not sure the program is right for you? Let's talk:

Schedule a Discovery Call:
320-266-2152
juliegrund13@gmail.com
jbrunsnaturalhealth.com

"The future belongs to those who give the next generation reason to hope!"

- Pierre Teilhard de Chardin