

# HER

Wellbeing  Summit

**BECAUSE A BUSINESS  
WOMAN IS SO MUCH MORE  
THAN HER BUSINESS**

## **HER Wellbeing Online Summit 2020**

### **Exclusive Contributor Offer**

#### **Personal Training Session Showing How Fitness can Improve Your Wellbeing - Manuela Aust**

Manuela is a Certified Personal Trainer, Fitness and Nutrition Coach with 10+ years' experience and online body transformation coach, specialising in empowering women worldwide to develop a positive body image, confidence and balanced lifestyle.

Find her at:

Facebook: <https://www.facebook.com/manu.estla.14>

Facebook Business: <https://www.facebook.com/barbellbossfitness/>

Instagram: [https://www.instagram.com/manuelaaust\\_fitness/](https://www.instagram.com/manuelaaust_fitness/)

Website: <https://www.barbellbossfitness.com/>

**All HER Wellbeing Summit 2020 attendees can claim a free Transformation Session Call - just book at:**

[https://calendly.com/barbellbossfitness/transformation\\_session](https://calendly.com/barbellbossfitness/transformation_session)

