



# GET YOUR NUTRITIONAL ADVANTAGE

PRESENTING  
INSPIRING AND  
EMPOWERING  
NUTRITION & OPTIMAL  
HEALTH-FOCUSED  
CLASSES



## MAY 2022 WORKSHOPS

### PREPARED FOR:

BF&M WELLNESS

FOLLOW US ON SOCIAL MEDIA  
@FUELLEDBERMUDA FOR ALL  
EVENTS, UPDATES AND HEALTH TIPS

### PREPARED BY:

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## YOUR MEMBER BENEFITS

FUELLED BERMUDA LTD. IS PLEASED TO OFFER A GIFT TO BF&M HEALTH INSURED AS FOLLOWS:

- A MEMBER GIFT UPON STARTING 1-ON-1 CERTIFIED INTEGRATIVE NUTRITION HEALTH COACHING SESSIONS—USING PROMOCODE **BFMWELLNESSGIFT**
- A MEMBER GIFT WITH EACH HEALTHY COOKING MASTERCLASSES – USING PROMOCODE **BFMWELLNESSGIFT**
- A MEMBER GIFT WITH EACH NUTRITION EDUCATION WORKSHOPS – USING PROMOCODE **BFMWELLNESSGIFT**

YOU MUST QUOTE YOUR PROMO CODE TO GET YOUR GIFT!

## WHAT'S HAPPENING



SAT. MAY 7, 9:00 AM - 11:00 AM  
FUELLED "HEALTHY DOESN'T HAVE TO BE HARD" HEALTHY COOKING MASTERCLASS - MOTHER'S DAY EDITION: IRON-RICH RAW BERRY & BANANA CRUMBLE



SATURDAY, MAY 21  
FUELLED "HEALTHY DOESN'T HAVE TO BE HARD" HEALTHY COOKING MASTERCLASS - BREAKFAST EDITION: VITAMIN C FIESTA SMOOTHIES!




SATURDAY, MAY 21  
FUELLED "HEALTHY DOESN'T HAVE TO BE HARD" HEALTHY COOKING MASTERCLASS - DINNER EDITION: VEGAN ON A BUDGET



**HEALTH IS WEALTH**

FUEL YOUR HEALTH IN 2022



A close-up photograph of several vibrant pink tulips in the foreground, with a brown gift box wrapped in pink paper visible in the background. The scene is set on a white wooden surface with a distressed, painted finish.

# HAPPY MOTHER'S DAY & BERMUDA DAY

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FROM ALL OF US AT  
FUELLED BERMUDA  
LTD.

**Happy  
Mother's  
Day!**





# Fuelled healthy cooking **MASTERCLASS**

**FUELLED'S  
IRON-RICH  
RAW BERRY &  
BANANA CRUMBLE**

**MOTHER'S DAY  
EDITION**  
**SAT MAY 7 @ 9AM-11AM**

hands-on class style | eat it all | \$100

[www.fuelledlife.com](http://www.fuelledlife.com) | limited spaces available | RSVP



MOTHER'S DAY IS RIGHT AROUND THE CORNER AND WE HAVE SOMETHING VERY SPECIAL PLANNED FOR YOU! ONE OF OUR ABSOLUTE FAVOURITE DESSERTS AT FUELLED – WE CALL IT OUR “WHOLE FOOD MULTI-VITAMIN DESSERT” – IN THIS MASTERCLASS, WE WILL BE MAKING OUR RECIPE FOR A UNIQUE AND INNOVATIVE, NUTRIENT DENSE, NOURISHING AND DELICIOUS RAW BERRY AND BANANA CRUMBLE. WE’LL SHOW YOU THAT YOU CAN HAVE YOUR DESSERT AND ACTUALLY GET HEALTHIER TOO! YOU WILL LEAVE WITH YOUR OWN PERSONAL-SIZED FUELLED CRUMBLE TO GIFT YOUR MOM OR ANY SPECIAL PERSON IN YOUR LIFE!

**"HEALTHY DOESN'T HAVE TO BE HARD"  
MOTHER'S DAY EDITION! - IRON-RICH  
RAW BERRY & BANANA CRUMBLE  
SATURDAY MAY 7, 2022  
DEVONSHIRE PARISH  
9:00 AM - 11:00 AM (2 HOURS)  
\$100 PER PERSON  
RSVP: [COACH@FUELLEDLIFE.COM](mailto:COACH@FUELLEDLIFE.COM)  
LIMITED SPACES AVAILABLE  
MAKES A GREAT GIFT**



# Fuelled health MASTERCLASS

## HEALTHY COOKING MASTERCLASS

BREAKFAST EDITION

FUELLED'S  
VITAMIN C  
FIESTA  
SMOOTHIES

BREAKFAST  
EDITION  
SAT MAY 21

hands-on class style | taste it all | \$55

[www.fuelledlife.com](http://www.fuelledlife.com) | limited spaces available | RSVP

GIVE YOUR BODY A FUELLED IMMUNE BOOST WITH MORE THAN 800% OF THE DAILY RECOMMENDED AMOUNT OF VITAMIN C IN SOME OF THESE SMOOTHIES! THIS WILL BE AN AWESOME MORNING FILLED WITH PRACTICAL NUTRITION TIPS AND SMOOTHIE MAKING AND TASTING! ONE OF OUR ABSOLUTE FAVOURITE BREAKFASTS – WE CALL IT OUR “WHOLE FOOD MULTI-VITAMIN” – IN THIS MASTERCLASS, WE WILL BE MAKING INNOVATIVE, NUTRIENT DENSE, VITAMIN C LOADED, IMMUNE BOOSTING SMOOTHIES!

**"HEALTHY DOESN'T HAVE TO BE HARD"  
VITAMIN C FIESTA SMOOTHIES!  
SATURDAY MAY 21, 2022  
SMITH'S PARISH  
TO BE DETERMINED (2 HOURS)  
\$55 PER PERSON  
RSVP: [COACH@FUELLEDLIFE.COM](mailto:COACH@FUELLEDLIFE.COM)  
LIMITED SPACES AVAILABLE  
MAKES A GREAT GIFT**

# Fuelled healthy cooking **MASTERCLASS**

How-To  
Feed  
25 people  
for \$110!

**DINNER EDITION  
SATURDAY MAY 21**

**MENU:**

**VEGAN ON A BUDGET**

How to feed 25 people a healthy plant-rich dinner for \$110 or less in Bermuda!

[www.fuelledlife.com](http://www.fuelledlife.com)

*hands-on class style | eat afterwards  
\$100 | no cooking experience necessary  
limited spaces available | RSVP*

IN OUR MASTERCLASS, YOU WILL CHOP, SLICE, BLEND, MEASURE AND MIX YOUR WAY TO DELICIOUS HEALTHY DISHES WITH OUR GUIDANCE. YOU'LL LEARN VALUABLE CULINARY SKILLS AND NEW RECIPES; ENJOY A FUN, SOCIAL ACTIVITY; AND GET INSPIRED TO EXPAND YOUR TASTE BUDS AND DISCOVER THAT "REAL FOOD" CAN BE REALLY GOOD (AND REALLY EASY TO MAKE!)! IT'S A FUN COOKING ADVENTURE AND THE BEST PART IS THAT YOU'LL GET TO EAT EVERYTHING WE MAKE AFTERWARDS!

**"HEALTHY DOESN'T HAVE TO BE HARD"  
VEGAN ON A BUDGET  
SATURDAY, MAY 21, 2022  
SMITH'S PARISH  
TO BE DETERMINED  
\$100 PER PERSON/CLASS  
RSVP: [COACH@FUELLEDLIFE.COM](mailto:COACH@FUELLEDLIFE.COM)  
LIMITED SPACES AVAILABLE  
MAKES A GREAT GIFT**



# 1-ON-1 NUTRITION COACHING

AGATHE REGINA  
HOLOWATINC,  
MLIS, INHC



AGATHE REGINA HOLOWATINC, MLIS, INHC, IS A PASSIONATE ADVOCATE OF "FOOD AS MEDICINE", CELLULAR HEALTH AND COMMUNICATING BIG IDEAS IN A SIMPLE WAY. SHE BELIEVES THAT VIBRANT HEALTH IS OUR BIRTHRIGHT AND THAT ACHIEVING OPTIMAL HEALTH IS THE BEST SPRINGBOARD FOR ACHIEVING ALL OF OUR BIGGEST DREAMS. A MEMBER OF THE NUTRITIONAL THERAPISTS ASSOCIATION OF BERMUDA, HER SERVICES ARE PARTIALLY COVERED BY BF&M AND CGI PLANS.

**MEMBER OF THE NUTRITIONAL  
THERAPISTS ASSOCIATION OF  
BERMUDA, AUTHOR, INTEGRATIVE  
NUTRITION HEALTH COACH,  
SPEAKER, PRIVATE CHEF.**

Agathe's education has equipped her with extensive, cutting-edge knowledge in holistic nutrition, health coaching, and prevention. Virtual and In-Person sessions available. [www.fuelledlife.com](http://www.fuelledlife.com)



# CLIENT QUOTES

WHAT PEOPLE ARE  
SAYING



I really **feel GOOD**  
about my eating  
(client quote)

@FUELLEDBERMUDA

I'm setting myself up  
for my best  
**health and nutrition**  
for the rest of my life.  
(client quote)

@FUELLEDBERMUDA

I'm **happier** and  
**healthier** and  
I **feel better** in myself.  
(client quote)

@FUELLEDBERMUDA