

WELLNESS WORKSHOPS WITH SUZI RUTTI, LISW-S

THE HIGH-POWERED DAD: MASTERING YOUR FATHERHOOD
FEATURING: TORY HIGH
SATURDAY, FEBRUARY 11TH 10AM-12PM



This workshop is designed specifically for the new and expecting dad. There is a wealth of new experiences that we face when embarking upon fatherhood, and our goal is to give you the tools and support to embrace your new status with confidence and pride. Led by workshop creator and author of *The High-Powered Dad: Becoming a SUPERHERO For Your Family* Tory High, participants will discover a group of other fathers with the same concerns and feelings about this new chapter in their lives. Together, the group will discover and join the brotherhood of fatherhood, learn to take ownership of the culture of their homes as well gain respect for their legacies, health and their co-parents.

Tory High is the father of twin toddlers with another soon to arrive. Along with public speaking and facilitating these workshops, he also works in the corporate wellness world as a Health Coach and Personal Trainer in downtown Columbus, OH. His mission is to improve the culture of fatherhood and dispel the notion that fathers are the secondary parent. He can't wait to see a world filled with High-Powered Dads that are at their very best for the sake of their families.

Cost: \$45

Register today: suzanne.rutti@gmail.com or (614) 398-1927