

CIRCLE OF LIFE



January 28, February 4, 11, & 18, 2010

A great challenge we all face is to live a happy, peace-filled life. This program is a four week series to enhance skills that will help us juggle the demands of daily life—so that life is healthy, balanced, less stressed, and more fulfilled. Circle of Life participants report high levels of motivation for behavior change resulting in achieved goals, and overall increased satisfaction with their lives.

Presenter: Lynn Gabriel

A certified Circle of Life coach (3 years experience)

10 years of group facilitation experience

Begins at 6:30 p.m. concludes by 8:30 p.m.

Offering: \$125.00 for all 4 sessions

Text book required: additional \$35.00

RESERVATIONS:

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