



# ENERGY CARE & WELL BEING THE PEOPLE'S PEACE

Extraordinary everyday care for everyday people.

Do you ever feel like you want more time?

Do you want to find a more effective way to take care of your personal empowerment, family, and work responsibilities?

Do you ever feel worn out, tired? There is a better way for you.

The People's Peace will give you specific tools to effectively take care of yourself and your energy.

Together we will explore:

- Personal balance
- Communication
- Peace of mind
- Focus and concentration
- Self-satisfaction
- Time effectiveness
- Energy renewal
- Sleep and self-care
- Healthy personal and professional relationships
- How to receive effective support



**June 22, 2024**

**10:00am - 4:00pm**

**GilChrist Retreat Center, Three Rivers, Michigan**

**Cost: \$145 until June 15, 2024 then the cost is \$165.**

**Lisa Wolfe**

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