



# ENERGY CARE AND WELL BEING: THE PEOPLE'S PEACE

EXTRAORDINARY EVERYDAY CARE FOR EXTRAORDINARY EVERYDAY PEOPLE.

WHEN EACH MOMENT MATTERS,  
MAKE EACH MOMENT COUNT.

Do you ever feel like you want more time? Worn out, tired? There is a better way for you.

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

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



Contact Lisa for more information and to register.

Cost for the seminar: \$175.

GET IN TOUCH

Lisa Wolfe

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