

Come find your own secret transformation. See for yourself a new perspective of ease and peace of mind that has always been available for you.

Gratitudes show us how the 'simple things' can have the greatest impact on our lives. They are a valuable tool available to everyone.

Find out how Gratitudes affect you and your relationships as you move through life's challenges and triumphs.

Gratitudes Help Reduce:

- Toxic emotions
- Pain
- Sleep problems
- Depression
- Anxiety
- Fear

Gratitudes have positive effects on:

- Changing neuro-structures in the brain
- Empowered relationships with yourself and others
- Natural detoxification of the body, mind, and spirit.
- Call Lisa for more information and to register. The cost: \$135.



GET IN TOUCH

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