

Living Your Power for Women!

Sunday, Apr 29, 2012 @ 1pm

Make a difference just by who you are...

Answer the call of inner knowing...

Power moments lead to a power life...

Now is the time to find your dreams.
Take part in these engaging sessions.
Only \$40. Discounts apply for multiples.

Location:
Nadine Lalonde's house
107 Peel Street
Penetanguishene

ZEST Your Life!

*A series created to support
your desire for a full and happy life.*

Introduction to Power - Dec 4, 2011

Emotional Power - Feb 5, 2012

Mind/Body Power - Mar 4, 2012

... healthy mind/body connection

Spiritual Power - Apr 1, 2012

... loving relationships with yourself and others

Living Your Power - Apr 29, 2012

... Each morning: look forward to the day

... Each night: be genuinely happy

... Know what your dreams are...