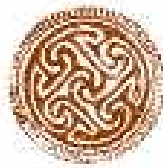


Wellness from the Inside Out: A Breakthrough to Improved Health & Wholeness

Sponsored by



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inner wisdom
coaching services

**Do you want lasting transformation from the inside out?
Don't do it alone!**

Are you ready to achieve the full experience of quality health and wholeness that's been eluding you? If so, you need to set meaningful goals, focus on your thought processes, AND receive support so you have the tools necessary for lasting and sustainable success.

In these upcoming interactive classes, you will receive heart-centered training from Shannon Bruce, Professional Certified Coach and Life Transformation Expert who will help you:

- Develop meaningful and heart-inspired wellness goals from the core of who you are.
- Overcome your inner critic by developing new and empowering thoughts.
- Reframe your internal dialogue to facilitate your health and wellness results.

“Instant Impact: How to Develop Wellness Goals that are Uniquely You”

Cost: \$35 – January 14th, 2010, 6:30-8:00pm

“Ignite the Power of Positive Self-Talk and Achieve your Wellness Goals”

Cost: \$35 – February 11th, 2010, 6:30-8:00pm

Receive a \$20 discount if you sign up for both

**Classes at Anytime Fitness in Silverdale, WA
Located near Round Table Pizza and Ted Brown Music
Minimum of 8 participants necessary**

Registration is Required

**For more Information and to Register Contact:
Jackie Carr at (360) 307-0444 or Shannon Bruce at (360) 308-8292**