

# **"All I Want for the Holidays is... *Less Stress and More Balance!*"**

Do you love the idea of the holidays, but hate the stress and overwhelm that comes from too much to do, too much to eat, and too little rest? This 90-minute interactive workshop will give you tips and tools to make this your best holiday ever, and propel yourself into 2007 with more energy and focus. Admission is just \$10, and you'll receive a copy of my book *66 Simple Secrets to Save Your Sanity*. Come to the location and date best for your busy holiday calendar. By taking a few minutes out of your busy schedule now, you'll have more time and energy through the holiday season and beyond. Space is limited, so you are welcome to reserve your space now by calling 303.987.5957.

Presented by Life Coach Karen Van Cleve & Metabolic Research Centers

## **December 4 at the Lakewood Metabolic Research Center**

**6:00 - 7:30pm**

2750 S. Wadsworth Blvd, Suite C-103, Lakewood, CO 80227

Phone 303.980.6344

## **December 5 at the Aurora Metabolic Research Center**

**6:00 - 7:30pm**

13900 E. Harvard Ave., Suite 108, Aurora, CO 80014

Phone 720.748.4900

## **December 6 at the Ft. Collins Metabolic Research Center**

**3:00 - 4:30pm**

702 W. Drake Rd, Bld E, Suite B-101, Ft. Collins, CO 80526

Phone 970.407.1343

## **December 6 at the Greeley Metabolic Research Center**

**6:00 - 7:30pm**

3211 W. 20th, Suite A, Greeley, CO 80634

Phone 970.378.0735

## **December 7 at the Westminster Metabolic Research Center**

**6:00 - 7:30pm**

8461 Turnpike Dr., Suite 108, Westminster, CO 80031

Phone 303.487.6767

## **Workshop Participants Receive:**

1. Free mini book *66 Simple Secrets to Save Your Sanity*
2. More than 15 specific techniques to...
  - a. Manage your life
  - b. Manage your stuff
  - c. Manage your health
3. Chances to win gifts and prizes
4. A head start on 2007
5. A new Holiday perspective